



Summer Quinoa-Tomato Salad

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons balsamic vinegar
- 2 cups quinoa cooked
- 3 tablespoons basil fresh chopped
- 2 cloves garlic finely chopped
- 0.3 cup olive oil extra virgin extra-virgin
- 8 servings parmesan cheese grated
- 3 tablespoons parsley fresh italian chopped (flat-leaf)
- 0.3 medium onion red chopped

- 8 servings pepper black freshly ground
- 1 Dash sugar
- 2 large tomatoes quartered cut into cubes

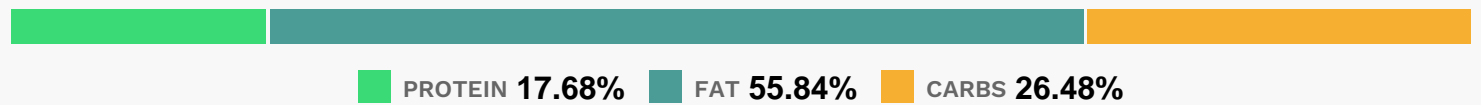
Equipment

- bowl

Directions

- Cool cooked quinoa. Meanwhile, in medium bowl, toss tomatoes, onion, garlic, basil, parsley, oil and vinegar. Season with salt, pepper and sugar.
- Spread cooled cooked quinoa in large serving bowl or on small platter; spoon tomato salad over top. Cover; refrigerate until serving time.
- Before serving, sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:50.26, Glycemic Load:5.77, Inflammation Score:-6, Nutrition Score:11.393478217332%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 258.88kcal (12.94%), Fat: 16.16g (24.86%), Saturated Fat: 5.71g (35.67%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 15.23g (5.54%), Sugar: 2.81g (3.12%), Cholesterol: 26.1mg (8.7%), Sodium: 533.18mg (23.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.02%), Vitamin K: 36.07µg (34.35%), Calcium: 285.29mg (28.53%), Phosphorus: 276.15mg (27.62%), Manganese: 0.42mg (20.89%), Selenium: 11.93µg (17.04%), Vitamin A: 807.43IU (16.15%), Zinc: 1.92mg (12.82%), Magnesium: 47.76mg (11.94%), Vitamin E: 1.68mg (11.21%), Vitamin C: 8.85mg (10.73%), Vitamin B2: 0.17mg (9.82%), Fiber: 2g (8.01%), Folate: 31.53µg (7.88%), Potassium:

269.25mg (7.69%), Copper: 0.14mg (6.96%), Vitamin B12: 0.41µg (6.75%), Vitamin B6: 0.13mg (6.69%), Iron: 1.17mg (6.52%), Vitamin B1: 0.08mg (5.28%), Vitamin B3: 0.52mg (2.61%), Vitamin B5: 0.16mg (1.56%)