






Summer Squash and Red Quinoa Salad with Walnuts

 **Gluten Free**

READY IN

35 min.

SERVINGS

6

CALORIES

263 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground
- 2 tablespoons parmesan shaved with a peeler finely grated
- 0.5 cup flat parsley
- 0.3 cup basil fresh
- 0.3 cup basil fresh
- 2 teaspoons kosher salt plus more for seasoning
- 2 tablespoons juice of lemon fresh

- 1 teaspoon lemon zest finely grated
- 6 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup quinoa red rinsed drained
- 1 tablespoon sherry vinegar
- 1 pound summer squash assorted
- 0.5 cup walnuts toasted

Equipment

- bowl
- paper towels
- sauce pan
- whisk

Directions

- Bring quinoa and 4 cups water to a boil in a medium saucepan. Season with salt, cover, reduce heat to medium-low, and simmer until quinoa is tender but not mushy, 12–15 minutes.
- Drain; return quinoa to hot saucepan. Cover and let sit for 15 minutes. Uncover; fluff with a fork and let cool.
- Cut squash into 1/8"-thick slices, some lengthwise and some crosswise.
- Transfer to a large bowl, season with 2 teaspoons salt, and toss to coat.
- Let sit until slightly wilted, about 15 minutes. Rinse under cold water and drain well. Pat dry with paper towels.
- Whisk grated Parmesan, zest, juice, and vinegar in a medium bowl. Gradually whisk in oil. Season dressing with salt and pepper.
- Combine squash, quinoa, parsley, walnuts, and basil in a large bowl.
- Pour dressing over; toss to coat.
- Garnish with shaved Parmesan.
- Per serving: 350 calories, 29 g fat, 3 g fiber
- Bon Appétit

Nutrition Facts

PROTEIN 7.67% FAT 72.03% CARBS 20.3%

Properties

Glycemic Index:47.17, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:15.007391438374%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 262.53kcal (13.13%), Fat: 21.85g (33.62%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 11.1g (4.04%), Sugar: 2.12g (2.36%), Cholesterol: 1.13mg (0.38%), Sodium: 807.73mg (35.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Vitamin K: 101.45µg (96.62%), Manganese: 0.8mg (40.05%), Vitamin C: 22.37mg (27.11%), Vitamin E: 2.59mg (17.25%), Folate: 67.68µg (16.92%), Magnesium: 61.32mg (15.33%), Vitamin B6: 0.3mg (14.92%), Copper: 0.3mg (14.81%), Phosphorus: 143.59mg (14.36%), Vitamin A: 695.86IU (13.92%), Fiber: 2.75g (11%), Vitamin B2: 0.18mg (10.6%), Potassium: 364.25mg (10.41%), Iron: 1.7mg (9.42%), Vitamin B1: 0.13mg (8.51%), Zinc: 1.08mg (7.22%), Calcium: 59.69mg (5.97%), Vitamin B3: 0.79mg (3.94%), Vitamin B5: 0.32mg (3.23%), Selenium: 2.23µg (3.19%)