



Tabbouleh-Style Amaranth Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup whole-grain amaranth uncooked (such as Arrowhead Mills)
- ☐ 0.5 cup celery thinly sliced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 cups cucumber diced english unpeeled
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup no-salt-added chickpeas canned drained (garbanzo beans)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups water cold

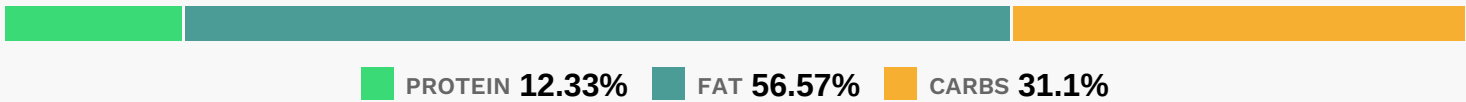
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring 1 1/2 cups cold water and amaranth to a boil in a medium saucepan; reduce heat, cover, and simmer 20 minutes or until water is almost absorbed (it will have the appearance of mush).
- ☐ While amaranth cooks, combine cucumber and next 11 ingredients in a large bowl.
- ☐ Place amaranth in a sieve, and rinse under cold running water until room temperature; drain well, pressing with the back of a spoon.
- ☐ Add to cucumber mixture; toss to blend.
- ☐ Add cheese; toss gently.
- ☐ Garnish with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:6.5, Inflammation Score:-8, Nutrition Score:21.029565158098%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.6mg, Apigenin: 8.6mg, Apigenin: 8.6mg, Apigenin: 8.6mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 324.46kcal (16.22%), Fat: 21.15g (32.54%), Saturated Fat: 5.59g (34.97%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 22.06g (8.02%), Sugar: 2.85g (3.16%), Cholesterol: 25.23mg (8.41%), Sodium: 548.29mg (23.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.75%), Manganese: 1.84mg (92.24%), Vitamin K: 83.21µg (79.25%), Phosphorus: 321.4mg (32.14%), Magnesium: 107.81mg (26.95%), Calcium: 220.98mg (22.1%), Vitamin B6: 0.44mg (21.79%), Vitamin B2: 0.35mg (20.79%), Iron: 3.4mg (18.88%), Copper: 0.34mg (17.2%), Vitamin C: 13.86mg (16.8%), Fiber: 4.1g (16.4%), Zinc: 2.44mg (16.27%), Vitamin E: 2.28mg (15.17%), Folate: 59.34µg (14.83%), Vitamin A: 710.46IU (14.21%), Selenium: 9.58µg (13.69%), Potassium: 406.33mg (11.61%), Vitamin B1: 0.14mg (9.52%), Vitamin B5: 0.94mg (9.41%), Vitamin B12: 0.48µg (7.99%), Vitamin B3: 1.14mg (5.68%)