



Thai Style Black Quinoa Salad



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 birds eye chili chopped
- ☐ 1 cup quinoa black rinsed well
- ☐ 2 teaspoons brown sugar
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 tablespoon coconut flakes toasted
- ☐ 3 green onions sliced
- ☐ 1 juice of lime
- ☐ 1 mangos diced

- ☐ 0.3 cup mint leaves chopped
- ☐ 0.3 cup peanuts coarsely chopped
- ☐ 1 bell pepper diced red
- ☐ 2 tablespoons soya sauce for vegetarian
- ☐ 1 teaspoon sriracha or to taste
- ☐ 2 cups water

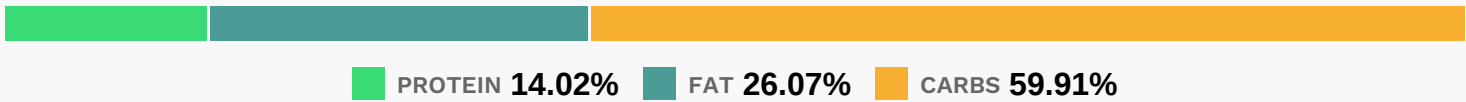
Equipment

- ☐ bowl

Directions

- ☐ Bring the quinoa and water to a boil, reduce the heat to medium-low and simmer, covered, until the quinoa is tender and the water is absorbed, about 15 minutes.
- ☐ Remove from heat and let sit, covered, for 5 minutes.
- ☐ Mix the quinoa, red pepper, yellow mango, green onions, cilantro, mint and chili in a large bowl.
- ☐ Mix the fish sauce, sugar, sriracha, lime juice and zest in a small bowl. Toss the salad in the dressing and serve topped with the peanuts and coconut flakes.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:4.18, Inflammation Score:-9, Nutrition Score:21.474782850431%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 273.56kcal (13.68%), Fat: 8.26g (12.71%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 36.66g (13.33%), Sugar: 11.09g (12.33%), Cholesterol: 0mg (0%), Sodium: 748.68mg (32.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.99%), Vitamin C: 64.65mg (78.37%), Manganese: 1.28mg (64.14%), Folate: 151.33µg (37.83%), Vitamin A: 1789.33IU (35.79%), Magnesium: 133.01mg (33.25%), Phosphorus: 255.26mg (25.53%), Vitamin K: 25.54µg (24.33%), Fiber: 6.03g (24.12%), Copper: 0.45mg (22.61%), Vitamin B6: 0.44mg (22.21%), Vitamin B1: 0.26mg (17.19%), Iron: 2.95mg (16.39%), Potassium: 551.06mg (15.74%), Vitamin B3: 3.08mg (15.4%), Vitamin E: 2.08mg (13.84%), Vitamin B2: 0.22mg (12.81%), Zinc: 1.77mg (11.79%), Selenium: 5.76µg (8.23%), Vitamin B5: 0.74mg (7.42%), Calcium: 62.08mg (6.21%)