



## Tortilla Quinoa Salad With Lime Cilantro Dressing Recipe

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



351 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 avocado diced pitted peeled
- 1 tablespoon balsamic vinegar
- 1.5 cups black beans drained and rinsed cooked ( 1 can)
- 2 cups quinoa cooked
- 6 corn tortillas
- 0.5 cup cilantro leaves fresh chopped
- 2 cloves garlic minced

- 1 cup grape tomatoes quartered
- 1 jalapeno diced seeded
- 0.3 cup juice of lime fresh
- 2 tablespoons maple syrup (or other liquid sweetener)
- 0.5 cup chia seeds
- 1 medium onion red chopped
- 3 cups the of 1 cos lettuce chopped
- 1 teaspoon sea salt

## Equipment

- food processor
- bowl
- baking sheet
- oven
- blender

## Directions

- Preheat oven to 350 degrees.
- Cut tortillas in half and then into ¼-inch strips.
- Place on a baking sheet and spray with olive oil spray. Salt and pepper to taste.
- Bake about 10 minutes, turning half way through. Meanwhile, if using chia gel in place of the oil in the dressing, combine chia seeds and water. Stir well and set aside. In a large bowl, combine lettuce, quinoa, black beans, tomatoes, red onion and avocado. Make dressing by combining all ingredients in a food processor or blender and processing until smooth. Toss salad with desired amount of dressing and top with tortilla strips. Try out these recipes with quinoa on Food Republic: [Quinoa Power Bars Recipe](#)
- [Wild Mushroom Quinotto Recipe](#)
- [Roasted Garlic Kale And Quinoa Salad With Cranberries Recipe](#)

## Nutrition Facts



PROTEIN 13% FAT 28.52% CARBS 58.48%

## Properties

Glycemic Index:69.83, Glycemic Load:15.88, Inflammation Score:-9, Nutrition Score:24.428695761639%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

## Nutrients (% of daily need)

Calories: 351.03kcal (17.55%), Fat: 11.6g (17.85%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 53.53g (17.84%), Net Carbohydrates: 38.04g (13.83%), Sugar: 7.38g (8.2%), Cholesterol: 0mg (0%), Sodium: 414.76mg (18.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.79%), Manganese: 1.37mg (68.54%), Fiber: 15.49g (61.96%), Vitamin A: 2437.08IU (48.74%), Folate: 167.01µg (41.75%), Phosphorus: 397.85mg (39.78%), Magnesium: 156.8mg (39.2%), Vitamin K: 37.8µg (36%), Copper: 0.49mg (24.34%), Vitamin B1: 0.35mg (23.39%), Iron: 3.84mg (21.32%), Potassium: 717.48mg (20.5%), Vitamin C: 15.74mg (19.08%), Selenium: 12.14µg (17.35%), Vitamin B2: 0.29mg (17.31%), Zinc: 2.56mg (17.1%), Vitamin B6: 0.34mg (16.79%), Calcium: 163.64mg (16.36%), Vitamin B3: 3.01mg (15.04%), Vitamin E: 1.53mg (10.22%), Vitamin B5: 0.71mg (7.09%)