



Warm Quinoa Salad with Roasted Autumn Vegetables and Ginger-Scallion Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 4 ounces brussels sprouts trimmed quartered (6 to 8 medium Brussels sprouts)
- 4 ounces carrots peeled cut into 1/2-inch pieces (1 large carrot)
- 0.3 cup cilantro leaves fresh coarsely chopped
- 2 tablespoons ginger fresh peeled finely chopped (from a 3- to 4-inch piece)
- 1 teaspoon kosher salt as needed plus more
- 3 tablespoons olive oil

- 4 ounces parsnips peeled cut into 1/2-inch pieces (1 medium parsnip)
- 1.3 cups quinoa
- 1 bunch spring onion light white green thinly sliced (and parts only)
- 1 teaspoon sesame oil toasted
- 3 tablespoons sherry vinegar
- 2 tablespoons soya sauce
- 8 ounces sweet potatoes and into peeled cut into 1/2-inch pieces (1 medium sweet potato)
- 4 ounces turnip white peeled cut into 1/2-inch pieces (1 small turnip)

Equipment

- bowl
- baking sheet
- oven
- whisk
- sieve

Directions

- Heat the oven to 400°F and arrange a rack in the middle.
- Place the sweet potato, Brussels sprouts, carrot, parsnip, turnip, oil, and measured salt and pepper in a large bowl and toss to combine.
- Transfer the vegetables to a baking sheet and arrange in an even layer; set the bowl aside (no need to wipe it out).Roast the vegetables, stirring every 5 minutes, until they're tender and cooked through, about 18 to 20 minutes. Meanwhile, cook the quinoa.
- Place all of the ingredients except the cilantro in the reserved bowl from the veggies and whisk to combine; set aside.When the quinoa is ready, drain it through a fine-mesh strainer and add it to the bowl with the dressing.
- Add the roasted vegetables and toss to combine. Taste and season with salt and pepper as needed.
- Sprinkle with the cilantro (if using) and serve immediately or at room temperature.

Nutrition Facts

PROTEIN 10.86% FAT 32.41% CARBS 56.73%

Properties

Glycemic Index:48.48, Glycemic Load:5.07, Inflammation Score:-10, Nutrition Score:17.057826000711%

Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 205.87kcal (10.29%), Fat: 7.54g (11.6%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 24.92g (9.06%), Sugar: 3.57g (3.97%), Cholesterol: 0mg (0%), Sodium: 584.72mg (25.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.37%), Vitamin A: 6564.57IU (131.29%), Manganese: 0.82mg (41.21%), Vitamin K: 41.77µg (39.78%), Vitamin C: 19.77mg (23.96%), Folate: 78.2µg (19.55%), Fiber: 4.77g (19.1%), Magnesium: 73.67mg (18.42%), Phosphorus: 171.69mg (17.17%), Vitamin B6: 0.28mg (13.96%), Potassium: 456.64mg (13.05%), Vitamin E: 1.95mg (13.02%), Copper: 0.26mg (13.01%), Vitamin B1: 0.17mg (11.36%), Iron: 1.99mg (11.04%), Vitamin B2: 0.14mg (8.52%), Zinc: 1.17mg (7.78%), Vitamin B5: 0.65mg (6.54%), Vitamin B3: 1.18mg (5.88%), Calcium: 45.5mg (4.55%), Selenium: 3.1µg (4.43%)