



Winter Fruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bosc pear cored peeled chopped
- 1 cucumber peeled seeded chopped
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon kosher salt
- 2 kumquats seeded chopped
- 2.5 tablespoons juice of lemon
- 0.3 cup olive oil
- 1.3 cups quinoa rinsed

1 cup watercress trimmed coarsely chopped

1.5 cups water

Equipment

bowl

sauce pan

Directions

In a medium saucepan, combine the quinoa and water and bring to a boil. Simmer over low heat stirring often, until tender, about 12 minutes.

Drain and cool completely.

In a small bowl, combine the kumquats, cilantro, olive oil, lemon juice and salt. Allow to steep for 5 minutes.

In a large bowl, combine the quinoa, pear and cucumber.

Add the dressing and toss well.

Add the watercress and toss again and serve.

Nutrition Facts



PROTEIN 9.51% **FAT 40.9%** **CARBS 49.59%**

Properties

Glycemic Index:19.29, Glycemic Load:1.44, Inflammation Score:-6, Nutrition Score:11.813913003258%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 3.72mg, Naringenin: 3.72mg, Naringenin: 3.72mg, Naringenin: 3.72mg Apigenin: 1.39mg, Apigenin: 1.39mg, Apigenin: 1.39mg, Apigenin: 1.39mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin:

0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 248.02kcal (12.4%), Fat: 11.49g (17.68%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 26.97g (9.81%), Sugar: 4.35g (4.83%), Cholesterol: 0mg (0%), Sodium: 203.19mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Manganese: 0.84mg (42.15%), Vitamin K: 24.9µg (23.72%), Magnesium: 85.96mg (21.49%), Folate: 81.51µg (20.38%), Phosphorus: 191.87mg (19.19%), Fiber: 4.38g (17.51%), Vitamin E: 2.35mg (15.65%), Copper: 0.3mg (15.2%), Vitamin C: 10.55mg (12.78%), Vitamin B6: 0.23mg (11.54%), Iron: 2.02mg (11.19%), Vitamin B1: 0.16mg (10.94%), Potassium: 352.84mg (10.08%), Vitamin B2: 0.15mg (9.06%), Zinc: 1.31mg (8.75%), Vitamin A: 257.27IU (5.15%), Selenium: 3.35µg (4.79%), Vitamin B5: 0.47mg (4.66%), Calcium: 40.6mg (4.06%), Vitamin B3: 0.69mg (3.43%)