



Zucchini and Corn Taco Seasoned Quinoa Salad



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



596 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup black beans
- ☐ 0.3 cup cilantro leaves chopped ()
- ☐ 0.3 cup cotija crumbled ()
- ☐ 1 ear corn (grilled and kernels cut from cob)
- ☐ 1 green onion sliced ()
- ☐ 1 jalapeño sliced ()
- ☐ 1 juice of lime (juice)

- ☐ 1 tablespoon oil
- ☐ 1 cup quinoa
- ☐ 2 servings salt and pepper to taste
- ☐ 1 batch taco seasoning
- ☐ 2 cups water
- ☐ 1 cup zucchini grated ()

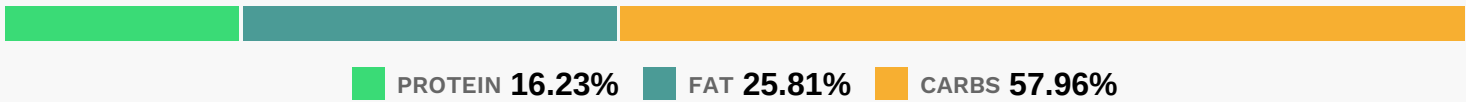
Equipment

- ☐ bowl

Directions

- ☐ Simmer the quinoa in the water along with the taco seasoning until the water is absorbed, about 20 minutes.
- ☐ Mix the quinoa, corn, zucchini, black beans, jalapeno pepper, green onion and cilantro in a large bowl.
- ☐ Mix the oil, lime juice, salt and pepper in a small bowl.
- ☐ Toss the salad in the dressing and serve garnished with cotija cheese.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:4.44, Inflammation Score:-9, Nutrition Score:34.829130069069%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 596.23kcal (29.81%), Fat: 17.52g (26.95%), Saturated Fat: 3.94g (24.6%), Carbohydrates: 88.51g (29.5%), Net Carbohydrates: 73g (26.54%), Sugar: 5.16g (5.73%), Cholesterol: 16.69mg (5.56%), Sodium: 478.92mg (20.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.57%), Manganese: 2.33mg (116.32%), Folate: 332.79µg (83.2%), Magnesium: 265.36mg (66.34%), Phosphorus: 642.75mg (64.27%), Fiber: 15.51g (62.06%), Vitamin B1: 0.65mg (43.57%), Copper: 0.8mg (39.96%), Vitamin B6: 0.74mg (36.87%), Iron: 6.47mg (35.92%), Vitamin C: 28.85mg (34.97%), Vitamin B2: 0.58mg (33.97%), Potassium: 1140.72mg (32.59%), Zinc: 4.62mg (30.82%), Vitamin K: 28.13µg (26.79%), Vitamin E: 3.81mg (25.37%), Calcium: 182.25mg (18.22%), Selenium: 11.56µg (16.52%), Vitamin B3: 3.15mg (15.76%), Vitamin B5: 1.55mg (15.51%), Vitamin A: 628.98IU (12.58%), Vitamin B12: 0.32µg (5.28%)