



Healthdor

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Quinoa Salad

A refreshing and healthy salad made with quinoa, vegetables, and a tangy dressing.
Perfect for vegetarians.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Quinoa
150 g	cucumber
150 g	Tomato
50 g	red onion
100 g	bell pepper
30 ml	lemon juice

30 ml	olive oil
5 g	salt
2 g	black pepper
20 g	fresh parsley

Directions

Step 1

Boiling

Cook the quinoa according to package instructions.

Prep Time: 10 mins

Cook Time: 15 mins

Step 2

Cutting

Chop the cucumber, tomato, red onion, bell pepper, and fresh parsley.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the cooked quinoa, chopped vegetables, lemon juice, olive oil, salt, and black pepper. Mix well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate the salad for at least 1 hour to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 60 mins

Step 5

Serving

Serve the quinoa salad chilled and garnish with additional fresh parsley, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 6 g

Protein: 6 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	250 mg	7.35%	9.62%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	6 mg	54.55%	75%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Cuisines

Italian

Course

Salads Snacks Sauces & Dressings

Cultural

Cinco de Mayo

Demographics

Allergy Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet Atkins Diet Ketogenic Diet Nordic Diet Vegetarian Diet

Meal Type

Lunch

Supper

Difficulty Level

Medium

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