

# 10-Minute Italian Quinoa Salad with White Beans

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-quinoa-salad-recipe>

## Ingredients:

- 1 cup quinoa cooked
- 1/2 cup beans small white cannelloni
- 1/4 cup yellow onion finely chopped
- 1 roasted bell pepper chopped
- 1/2 cup marinated artichokes \*, halved
- 1/4 cup bell pepper fresh, chopped
- 1 medium roma tomato chopped
- 1/2 teaspoon lemon zest
- 1 tablespoon fresh parsley, chopped
- 2 tablespoons fresh basil chopped
- freshly ground black pepper
- 1/8 teaspoon granulated garlic
- 1/4 teaspoon dried oregano
- 1/4 teaspoon red chili flakes optional

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 33 grams
3. Fat: 2.5 grams
4. Fiber: 6 grams
5. Protein: 7 grams
6. Sodium: 20 milligrams
7. Sugar: 2 grams

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