

# Quinoa-Edamame Salad

with **Butter Buds**<sup>®</sup>

Group: Vegetable

Number of Portions: 28

Size of Portions: 1/2 cup



## INGREDIENTS

## MEASURE

Quinoa, Tri Color	16 oz.
Edamame	1 lb.
Carrots, Shredded	10 oz.
Cucumber, Peeled and Chopped	2 Cups
Tomatoes, Cherry, Halved	2 Cups
Radishes, Thinly Sliced	1 Cup
Cilantro, Fresh, Chopped	1/4 Cup
Sugar	6 Tbsp.
White Wine Vinegar	6 Tbsp.
Canola Oil	6 Tbsp.
<b>Butter Buds</b> , Dry	4 tsp.
Mrs. Dash <sup>®</sup> Salt Free Seasoning	2 tsp.

## PREPARATIONS

Cook quinoa according to directions on package. Chill in refrigerator until cool, covered.

When ready to serve, put quinoa in a large bowl.

Add edamame, carrots, cucumbers, cherry tomatoes, radishes and cilantro to the large bowl of quinoa.

Combine sugar, white wine vinegar, canola oil, Butter Buds and Mrs. Dash together in a small bowl; whisk to blend.

Pour over salad and stir to mix well.

## Nutritional Information

Nutrients are based upon 1 Portion Size: 1/2 cup

<b>Calories</b>	87 kcal	<b>Cholesterol</b>	0.00 mg	<b>Protein</b>	3.09 g	<b>Calcium</b>	21.83 mg	46.12% Calories from Total Fat
<b>Total Fat</b>	4.44 g	<b>Sodium</b>	25.28 mg	<b>Vitamin A</b>	305.48 RE	<b>Iron</b>	0.67 mg	*3.75% Calories from Saturated Fat
<b>Saturated Fat</b>	*0.36* g	<b>Carbohydrate</b>	9.74 g	<b>Vitamin A</b>	1810.02 IU	<b>Water<sup>1</sup></b>	*104.05* g	0.00%* Calories from Trans Fat
<b>Trans Fat<sup>1</sup></b>	*0.03* g	<b>Dietary Fiber</b>	4.77 g	<b>Vitamin C</b>	5.39 mg	<b>Ash<sup>1</sup></b>	*0.60 g	44.96% Calories from Carbohydrates
								14.25% Calories from Protein

### Allergens

Contains milk

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

