



Bacon Spinach Quinoa

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce baby spinach
- ☐ 1 pound bacon cut into bite-sized pieces
- ☐ 1.5 cups chicken broth
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 onion chopped
- ☐ 1 cup quinoa

Equipment

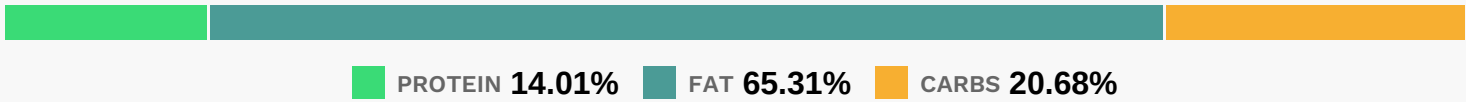
- ☐ frying pan

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Bring chicken broth and quinoa to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and broth has been absorbed, about 15 minutes.
- ☐ Cook and stir bacon and onion in a skillet over medium heat until bacon is cooked and onion is softened, 5 to 10 minutes.
- ☐ Transfer and drain mixture on a paper towel-lined plate. Cook spinach in the remaining bacon drippings until wilted, 2 to 3 minutes. Stir quinoa, onion-bacon mixture, and cilantro into spinach until evenly blended.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:24.816087100817%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 441.25kcal (22.06%), Fat: 32.05g (49.31%), Saturated Fat: 10.3g (64.35%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 19.5g (7.09%), Sugar: 1.23g (1.37%), Cholesterol: 51.07mg (17.02%), Sodium: 757.93mg (32.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.94%), Vitamin K: 228.49µg (217.61%), Vitamin A: 4468.54IU (89.37%), Manganese: 1.06mg (52.96%), Folate: 147.32µg (36.83%), Phosphorus: 269.2mg (26.92%), Selenium: 18.4µg (26.29%), Magnesium: 104.65mg (26.16%), Vitamin B1: 0.37mg (24.55%), Vitamin B6: 0.45mg (22.67%), Vitamin B3: 3.96mg (19.82%), Vitamin C: 14.65mg (17.76%), Potassium: 610.54mg (17.44%), Vitamin B2: 0.28mg (16.49%), Iron: 2.97mg (16.48%), Zinc: 2.09mg (13.96%), Copper: 0.28mg (13.82%), Vitamin E: 2mg (13.36%), Fiber: 3.34g (13.35%), Calcium: 70.48mg (7.05%), Vitamin B5: 0.7mg (6.97%), Vitamin B12: 0.39µg (6.5%), Vitamin D: 0.3µg (2.02%)