



Baked Quinoa “Mac” and Cheese



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion white red finely chopped
- ☐ 0.5 cup tomatoes finely chopped (1 medium)
- ☐ 1.5 cups quinoa uncooked
- ☐ 2 cloves garlic chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon paprika

- ☐ 3 cups water
- ☐ 2 eggs
- ☐ 1 cup milk
- ☐ 6 oz cheddar cheese shredded
- ☐ 1 serving cheddar cheese shredded
- ☐ 1 serving cream sour
- ☐ 1 serving spring onion chopped

Equipment

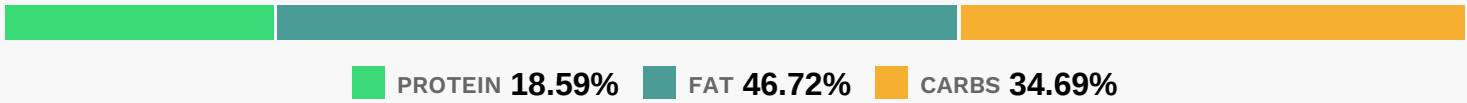
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In 3-quart saucepan, heat oil over medium heat.
- ☐ Add onion and tomato; cover and cook 5 minutes or until onion is translucent and tender.
- ☐ Stir in quinoa and garlic. Cook 3 to 4 minutes or until grains begin to become translucent and brown slightly (they will still be undercooked).
- ☐ Stir in salt, pepper and paprika.
- ☐ Add water; cover and cook 15 to 20 minutes longer, stirring occasionally, until most of liquid is absorbed.
- ☐ Remove from heat; let stand 5 minutes.
- ☐ In medium bowl, beat eggs and milk with whisk until well blended. Stir into quinoa mixture.
- ☐ Add 1 1/2 cups cheese; stir to combine.
- ☐ Pour mixture into baking dish.

Bake 30 to 35 minutes or until edges begin to brown. To serve, spoon into individual serving bowls; top with additional cheese, sour cream and green onions.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:17.123478298602%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 372.25kcal (18.61%), Fat: 19.39g (29.84%), Saturated Fat: 8.46g (52.85%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 28.96g (10.53%), Sugar: 3.12g (3.47%), Cholesterol: 93.97mg (31.32%), Sodium: 458.44mg (19.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.72%), Manganese: 0.94mg (46.77%), Phosphorus: 427.74mg (42.77%), Calcium: 327.1mg (32.71%), Selenium: 18.62µg (26.61%), Magnesium: 104.2mg (26.05%), Vitamin B2: 0.42mg (24.57%), Folate: 97.34µg (24.33%), Zinc: 2.98mg (19.87%), Vitamin B6: 0.32mg (16.08%), Copper: 0.31mg (15.51%), Fiber: 3.45g (13.79%), Vitamin B1: 0.21mg (13.69%), Iron: 2.39mg (13.26%), Vitamin A: 652.91IU (13.06%), Vitamin E: 1.91mg (12.71%), Vitamin B12: 0.71µg (11.8%), Potassium: 407.43mg (11.64%), Vitamin B5: 0.89mg (8.86%), Vitamin D: 0.94µg (6.27%), Vitamin K: 5.73µg (5.45%), Vitamin B3: 0.83mg (4.15%), Vitamin C: 3.21mg (3.89%)