



Baked Quinoa “Mac” and Cheese



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cheddar cheese shredded
- ☐ 2 eggs
- ☐ 2 cloves garlic chopped
- ☐ 6 servings spring onion chopped
- ☐ 1 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon pepper

- ☐ 1.5 cups quinoa uncooked
- ☐ 0.5 cup onion white red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 6 oz cheddar cheese shredded
- ☐ 6 servings cream sour
- ☐ 0.5 cup tomatoes finely chopped (1 medium)
- ☐ 3 cups water

Equipment

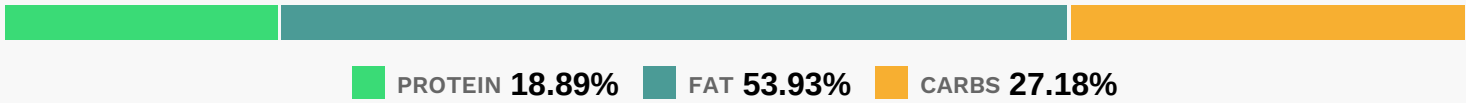
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. 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:1.7, Inflammation Score:-8, Nutrition Score:21.241304003674%

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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 495.65kcal (24.78%), Fat: 29.84g (45.91%), Saturated Fat: 14.27g (89.17%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 30.27g (11.01%), Sugar: 3.66g (4.07%), Cholesterol: 124.87mg (41.62%), Sodium: 625.84mg (27.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.52g (47.04%), Phosphorus: 551.69mg (55.17%), Calcium: 517.55mg (51.75%), Manganese: 0.95mg (47.35%), Selenium: 26.1µg (37.28%), Vitamin B2: 0.55mg (32.28%), Magnesium: 112.95mg (28.24%), Folate: 106.39µg (26.6%), Zinc: 3.95mg (26.33%), Vitamin A: 1015.56IU (20.31%), Vitamin B6: 0.35mg (17.3%), Vitamin B12: 0.99µg (16.56%), Copper: 0.32mg (16.22%), Vitamin K: 16.83µg (16.02%), Vitamin B1: 0.22mg (14.49%), Vitamin E: 2.16mg (14.39%), Fiber: 3.58g (14.31%), Iron: 2.51mg (13.94%), Potassium: 452.98mg (12.94%), Vitamin B5: 1.03mg (10.27%), Vitamin D: 1.09µg (7.27%), Vitamin C: 4.24mg (5.14%), Vitamin B3: 0.88mg (4.39%)