



 **83%**  
HEALTH SCORE

## Blueberry Lemon Breakfast Quinoa

 Vegetarian  Gluten Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



536 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup blueberries
- 2 teaspoons flax seed
- 0.5 lemon zest
- 3 tablespoons maple syrup
- 2 cups nonfat milk
- 1 cup quinoa
- 1 pinch salt

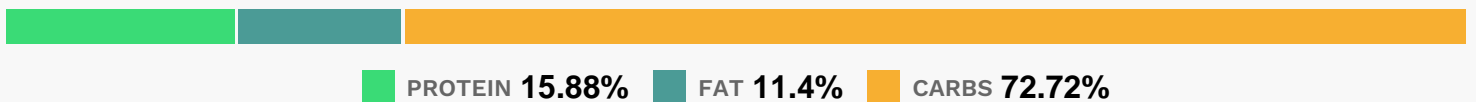
### Equipment

- bowl
- sauce pan
- sieve

## Directions

- Rinse quinoa in a fine strainer with cold water to remove bitterness until water runs clear and is no longer frothy.
- Heat milk in a saucepan over medium heat until warm, 2 to 3 minutes. Stir quinoa and salt into the milk; simmer over medium-low heat until much of the liquid has been absorbed, about 20 minutes.
- Remove saucepan from heat. Stir maple syrup and lemon zest into the quinoa mixture. Gently fold blueberries into the mixture.
- Divide quinoa mixture between 2 bowls; top each with 1 teaspoon flax seed to serve.

## Nutrition Facts



## Properties

Glycemic Index:70.88, Glycemic Load:14.96, Inflammation Score:-9, Nutrition Score:31.17478254567%

## Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

## Nutrients (% of daily need)

Calories: 536.01kcal (26.8%), Fat: 6.87g (10.57%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 98.57g (32.86%), Net Carbohydrates: 89.86g (32.68%), Sugar: 37.83g (42.03%), Cholesterol: 7.35mg (2.45%), Sodium: 128.51mg

(5.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.05%), Manganese: 2.75mg (137.43%), Phosphorus: 678.92mg (67.89%), Vitamin B2: 1.01mg (59.33%), Magnesium: 219.58mg (54.89%), Folate: 168.54µg (42.14%), Calcium: 410.16mg (41.02%), Vitamin B1: 0.54mg (36.03%), Fiber: 8.7g (34.82%), Vitamin B6: 0.61mg (30.56%), Potassium: 1038.97mg (29.68%), Copper: 0.59mg (29.33%), Zinc: 4.2mg (28%), Iron: 4.31mg (23.94%), Vitamin B12: 1.42µg (23.68%), Selenium: 12.97µg (18.53%), Vitamin D: 2.69µg (17.97%), Vitamin E: 2.51mg (16.73%), Vitamin B5: 1.66mg (16.57%), Vitamin K: 14.41µg (13.72%), Vitamin C: 9.13mg (11.07%), Vitamin A: 552.41IU (11.05%), Vitamin B3: 2.01mg (10.07%)