



 **51%**
HEALTH SCORE

Breakfast Quinoa

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



503 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup blackberries fresh
- 0.5 cup cashew pieces
- 0.5 cup cherries dried
- 0.5 teaspoon ground cinnamon
- 1 tablespoon honey
- 0.5 cup quinoa
- 0.5 cup skim milk
- 0.5 teaspoon vanilla extract

0.5 cup water

Equipment

sauce pan

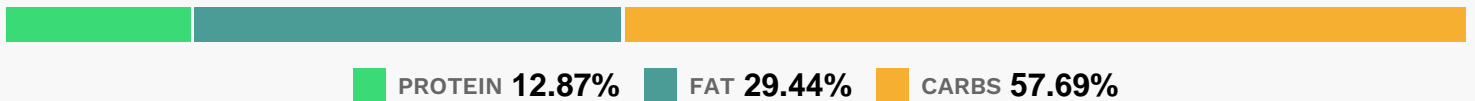
Directions

Bring quinoa, water, milk, cinnamon, and vanilla extract to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and has absorbed the water, 10 to 15 minutes.

Remove saucepan from heat.

Mix cherries, cashews, and onion into the quinoa mixture; top with blackberries and creme fraiche.

Nutrition Facts



Properties

Glycemic Index:70.36, Glycemic Load:8.09, Inflammation Score:-9, Nutrition Score:23.558695710224%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 503.45kcal (25.17%), Fat: 16.95g (26.08%), Saturated Fat: 2.85g (17.79%), Carbohydrates: 74.74g (24.91%), Net Carbohydrates: 65.66g (23.88%), Sugar: 31.2g (34.67%), Cholesterol: 1.84mg (0.61%), Sodium: 39.83mg (1.73%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 16.67g (33.34%), Manganese: 1.73mg (86.51%), Copper: 1.03mg (51.75%), Magnesium: 193.67mg (48.42%), Phosphorus: 459.73mg (45.97%), Fiber: 9.09g (36.34%), Iron: 4.9mg (27.21%), Vitamin A: 1285.17IU (25.7%), Zinc: 3.69mg (24.58%), Folate: 96.73µg (24.18%), Vitamin B1: 0.33mg

(22.08%), Vitamin B6: 0.39mg (19.57%), Potassium: 621.83mg (17.77%), Vitamin K: 18.28µg (17.41%), Selenium: 11.5µg (16.43%), Calcium: 157.99mg (15.8%), Vitamin B2: 0.25mg (14.62%), Vitamin E: 1.76mg (11.73%), Vitamin C: 7.79mg (9.45%), Vitamin B5: 0.93mg (9.34%), Vitamin B3: 1.32mg (6.58%), Vitamin B12: 0.36µg (5.92%), Vitamin D: 0.67µg (4.49%)