



 **93%**  
HEALTH SCORE

## Breakfast Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 cups soymilk
- 1 cup quinoa rinsed
- 0.3 teaspoon ground cinnamon
- 1 cup blueberries fresh thawed ()
- 0.3 cup walnuts toasted

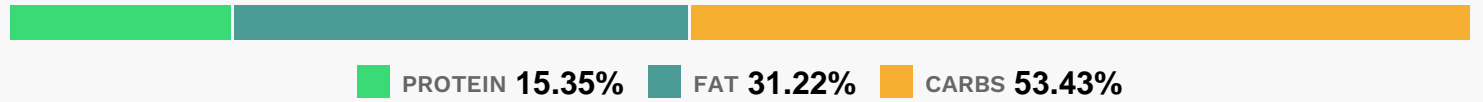
## Equipment

- bowl
- sauce pan

# Directions

- In a small saucepan, heat water to boiling over high heat.
- Add quinoa; return to boiling. Reduce heat to low; cover and cook for 15 minutes or until liquid is absorbed (mixture will still be moist).
- Stir in cinnamon. Spoon quinoa into bowls. Top with blueberries, nuts, and sweeten to taste with a drizzle of maple syrup.

# Nutrition Facts



# Properties

Glycemic Index:24.6, Glycemic Load:3.1, Inflammation Score:-7, Nutrition Score:19.352173908897%

# Flavonoids

Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

# Nutrients (% of daily need)

Calories: 278.72kcal (13.94%), Fat: 9.82g (15.11%), Saturated Fat: 1g (6.26%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 32.92g (11.97%), Sugar: 6.86g (7.63%), Cholesterol: 0mg (0%), Sodium: 61.65mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.72%), Manganese: 1.26mg (62.99%), Folate: 125.35µg (31.34%), Vitamin E: 4.28mg (28.5%), Vitamin B6: 0.54mg (27.03%), Copper: 0.53mg (26.68%), Magnesium: 97.57mg (24.39%), Vitamin B3: 4.77mg (23.84%), Vitamin B2: 0.4mg (23.3%), Phosphorus: 224.05mg (22.4%), Vitamin B12: 1.27µg (21.24%), Calcium: 195.81mg (19.58%), Fiber: 4.89g (19.57%), Vitamin B1: 0.26mg (17.65%), Iron: 2.85mg (15.82%), Vitamin C: 12.18mg (14.77%), Potassium: 466.93mg (13.34%), Zinc: 1.89mg (12.59%), Vitamin A: 491.5IU (9.83%), Selenium: 6.73µg (9.61%), Vitamin D: 1.42µg (9.44%), Vitamin K: 7.38µg (7.03%), Vitamin B5: 0.42mg (4.16%)