



Breakfast Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



4

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup banana sliced
- ☐ 1 tablespoon brown sugar light
- ☐ 0.8 cup lite coconut milk light
- ☐ 0.5 cup quinoa uncooked
- ☐ 0.1 teaspoon salt
- ☐ 1 cup strawberries sliced
- ☐ 0.3 cup coconut flakes unsweetened flaked
- ☐ 2 tablespoons water

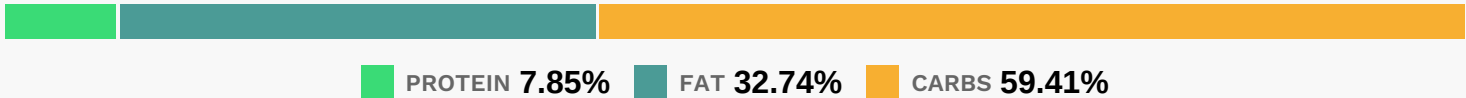
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 40
- ☐ Place quinoa in a fine sieve, and place the sieve in a large bowl. Cover quinoa with water. Using your hands, rub the grains together for 30 seconds; rinse and drain quinoa. Repeat the procedure twice.
- ☐ Drain well.
- ☐ Combine quinoa, coconut milk, 2 tablespoons water, brown sugar, and salt in a medium saucepan, and bring to a boil. Reduce heat, and simmer 15 minutes or until liquid is absorbed, stirring occasionally. Stir mixture constantly during the last 2 minutes of cooking.
- ☐ While quinoa cooks, spread flaked coconut in a single layer on a baking sheet.
- ☐ Bake at 400 for 5 minutes or until golden brown. Cool slightly.
- ☐ Place about 1/2 cup quinoa mixture in each of 4 bowls. Top each serving with 1/4 cup strawberry slices, 1/4 cup banana slices, and 1 tablespoon toasted coconut.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:23.69, Glycemic Load:4.97, Inflammation Score:-4, Nutrition Score:9.153478200021%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 200.81kcal (10.04%), Fat: 7.45g (11.46%), Saturated Fat: 5.73g (35.84%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 26.35g (9.58%), Sugar: 9.64g (10.71%), Cholesterol: 0mg (0%), Sodium: 108.9mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Manganese: 0.82mg (41.01%), Vitamin C: 24.51mg (29.71%), Fiber: 4.05g (16.19%), Magnesium: 61.8mg (15.45%), Folate: 55.75µg (13.94%), Vitamin B6: 0.28mg (13.76%), Phosphorus: 125.07mg (12.51%), Copper: 0.22mg (10.84%), Potassium: 341.82mg (9.77%), Iron: 1.41mg (7.86%), Vitamin B1: 0.1mg (6.66%), Vitamin B2: 0.11mg (6.36%), Zinc: 0.87mg (5.83%), Selenium: 3.34µg (4.78%), Vitamin E: 0.68mg (4.56%), Vitamin B5: 0.38mg (3.81%), Vitamin B3: 0.75mg (3.73%), Calcium: 21.76mg (2.18%)