

Breakfast Quinoa

 Vegetarian  Gluten Free  Popular

READY IN



45 min.

SERVINGS



8

CALORIES



131 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups milk whole low-fat plus more for serving
- 1 cup quinoa rinsed
- 3 tablespoons brown sugar plus more for serving
- 0.1 teaspoon ground cinnamon plus more for serving
- 1 cup blueberries fresh plus more for serving ()

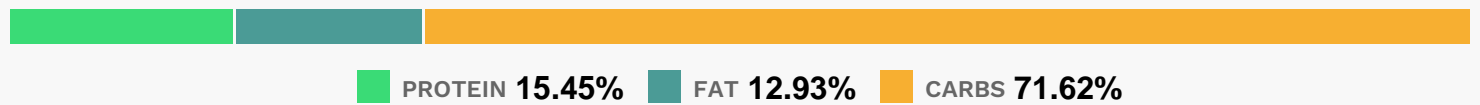
Equipment

- sauce pan

Directions

- Bring milk to a boil in a small saucepan.
- Add quinoa, and return to a boil. Reduce heat to low, and simmer, covered, until three-quarters of the milk has been absorbed, about 15 minutes.
- Stir in sugar and cinnamon. Cook, covered, until almost all the milk has been absorbed, about 8 minutes. Stir in blueberries, and cook for 30 seconds.
- Serve with additional milk, sugar, cinnamon, and blueberries.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.9, Inflammation Score:-4, Nutrition Score:7.1743477531101%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 131.29kcal (6.56%), Fat: 1.91g (2.94%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 21.87g (7.95%), Sugar: 9.13g (10.15%), Cholesterol: 2.95mg (0.98%), Sodium: 25.52mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Manganese: 0.5mg (25.21%), Phosphorus: 160.3mg (16.03%), Magnesium: 50.48mg (12.62%), Folate: 41.44µg (10.36%), Vitamin B2: 0.16mg (9.28%), Calcium: 89.49mg (8.95%), Vitamin B1: 0.12mg (7.8%), Fiber: 1.95g (7.79%), Vitamin B6: 0.15mg (7.52%), Copper: 0.14mg (6.94%), Potassium: 233.81mg (6.68%), Zinc: 0.94mg (6.29%), Vitamin B12: 0.36µg (6%), Iron: 1.06mg (5.87%), Selenium: 3.12µg (4.46%), Vitamin D: 0.65µg (4.33%), Vitamin E: 0.64mg (4.24%), Vitamin B5: 0.41mg (4.06%), Vitamin K: 3.64µg (3.47%), Vitamin A: 128.7IU (2.57%), Vitamin B3: 0.47mg (2.36%), Vitamin C: 1.8mg (2.18%)