



 **74%**
HEALTH SCORE

Broccoli Quinoa Pilaf

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



625 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bunch broccolini trimmed
- 1 garlic clove minced
- 1 tbsp olive oil
- 0.5 cup onion
- 1 cup quinoa rinsed
- 2 cups vegetable stock
- 2 oz walnut pieces chopped

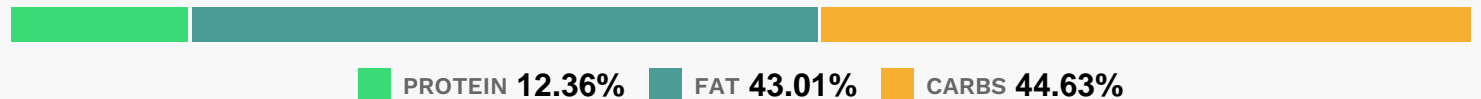
Equipment

frying pan

Directions

- In a large pan with lid heat olive oil over medium high heat.
- Add onions and cook for 1 minute.
- Add garlic and cook until onions are translucent and garlic is fragrant.
- Add quinoa to pan, stir to combine. Slowly add in broth and bring to a boil. Cover and reduce heat to low, cook for 15 minutes. In the last 2–3 minutes of cooking add in broccolini on top of the quinoa (do not stir) and cover. Uncover and toss broccolini and quinoa together. Season to taste with salt and pepper.
- Add walnuts and serve hot.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:2.72, Inflammation Score:-10, Nutrition Score:30.542173913043%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Taste

Sweetness: 48.94%, Saltiness: 100%, Sourness: 52.47%, Bitterness: 57.87%, Savoriness: 64.1%, Fattiness: 79%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 625.07kcal (31.25%), Fat: 30.69g (47.22%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 71.66g (23.89%), Net Carbohydrates: 62.1g (22.58%), Sugar: 6.45g (7.16%), Cholesterol: 0mg (0%), Sodium: 971.81mg (42.25%), Protein: 19.85g (39.69%), Manganese: 2.77mg (138.63%), Vitamin C: 81.79mg (99.14%), Magnesium: 216.62mg (54.15%), Phosphorus: 500.43mg (50.04%), Copper: 0.97mg (48.62%), Folate: 191.83µg (47.96%), Vitamin A: 2019.06IU (40.38%), Fiber: 9.56g (38.26%), Vitamin B6: 0.63mg (31.64%), Iron: 5.58mg (31%), Vitamin B1: 0.42mg (28.27%), Zinc: 3.6mg (23.98%), Vitamin E: 3.29mg (21.93%), Vitamin B2: 0.33mg (19.13%), Potassium:

668.06mg (19.09%), Calcium: 139.72mg (13.97%), Selenium: 9.03µg (12.9%), Vitamin B5: 0.88mg (8.76%), Vitamin B3: 1.67mg (8.33%), Vitamin K: 5.16µg (4.92%)