



Cheesy Broccoli Quinoa



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

Ingredients



2 cups broccoli chopped



1 cup quinoa rinsed well



4 servings salt and pepper to taste



1 cup cheddar shredded



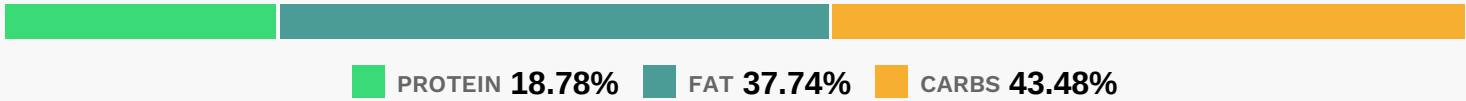
1.5 cups vegetable broth

Equipment

Directions

- ☐ Bring the quinoa, broth and broccoli to a boil over medium heat, reduce the heat and simmer covered until the broth has been absorbed and the quinoa is tender,about 13–17 minutes.
- ☐ Mix in the cheese, let it melt and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.26, Inflammation Score:-8, Nutrition Score:18.739565118499%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 291.03kcal (14.55%), Fat: 12.35g (19%), Saturated Fat: 5.77g (36.09%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 27.89g (10.14%), Sugar: 1.59g (1.77%), Cholesterol: 28.25mg (9.42%), Sodium: 747.69mg (32.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.65%), Manganese: 0.96mg (47.99%), Vitamin C: 39.25mg (47.57%), Vitamin K: 45.56µg (43.39%), Phosphorus: 352.65mg (35.27%), Folate: 111.85µg (27.96%), Magnesium: 100.6mg (25.15%), Calcium: 240.5mg (24.05%), Vitamin B2: 0.31mg (18.31%), Selenium: 12.71µg (18.15%), Zinc: 2.54mg (16.9%), Fiber: 4.12g (16.48%), Vitamin B6: 0.3mg (15.17%), Vitamin A: 750.84IU (15.02%), Copper: 0.28mg (14.09%), Iron: 2.31mg (12.84%), Vitamin B1: 0.19mg (12.83%), Potassium: 400.11mg (11.43%), Vitamin E: 1.59mg (10.61%), Vitamin B5: 0.7mg (6.97%), Vitamin B12: 0.3µg (4.99%), Vitamin B3: 0.94mg (4.71%), Vitamin D: 0.17µg (1.13%)