



## Cheesy Quinoa

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



143 kcal

SIDE DISH

### Ingredients

- 3 cloves garlic minced
- 2 cups quinoa uncooked
- 1.5 tsp salt
- 0.5 cup mozzarella cheese shredded kraft finely

### Equipment

### Directions

- Cook quinoa as directed on package, adding garlic to the cooking water along with the quinoa.
- Add remaining ingredients; cook and stir 1 to 2 min. or until cheese is completely melted.

## Nutrition Facts

**PROTEIN 17.04%** **FAT 20.86%** **CARBS 62.1%**

### Properties

Glycemic Index:5.7, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:7.7421738382267%

### Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 143.26kcal (7.16%), Fat: 3.32g (5.11%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 19.84g (7.21%), Sugar: 0.07g (0.07%), Cholesterol: 4.42mg (1.47%), Sodium: 385.79mg (16.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Manganese: 0.71mg (35.44%), Phosphorus: 176.58mg (17.66%), Magnesium: 68.33mg (17.08%), Folate: 62.98µg (15.74%), Copper: 0.2mg (10.21%), Fiber: 2.4g (9.6%), Vitamin B6: 0.18mg (8.94%), Iron: 1.6mg (8.87%), Vitamin B1: 0.13mg (8.39%), Zinc: 1.23mg (8.19%), Vitamin B2: 0.13mg (7.35%), Potassium: 199.36mg (5.7%), Selenium: 3.97µg (5.67%), Vitamin E: 0.84mg (5.61%), Calcium: 46.1mg (4.61%), Vitamin B5: 0.28mg (2.76%), Vitamin B3: 0.53mg (2.64%), Vitamin B12: 0.13µg (2.13%)