



Cheesy Zucchini Quinoa



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

Ingredients

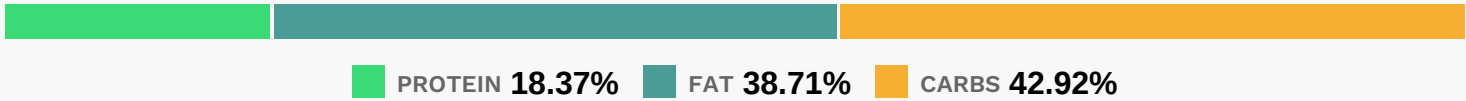
- ☐ 1 cup quinoa rinsed well
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup cheddar shredded
- ☐ 1.8 cups vegetable broth
- ☐ 1 medium zucchini grated

Equipment

Directions

- ☐ Bring the quinoa and broth to a boil over medium heat, reduce the heat and simmer covered until the broth has been absorbed and the quinoa is tender,about 15–20 minutes.
- ☐ Remove from heat am mix in the zucchini, cheese, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:14.527391366337%

Flavonoids

Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 285.13kcal (14.26%), Fat: 12.34g (18.99%), Saturated Fat: 5.77g (36.03%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 27.33g (9.94%), Sugar: 2.19g (2.44%), Cholesterol: 28.25mg (9.42%), Sodium: 795.84mg (34.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.35%), Manganese: 0.95mg (47.7%), Phosphorus: 342.23mg (34.22%), Magnesium: 100.18mg (25.04%), Folate: 95.89µg (23.97%), Calcium: 227.66mg (22.77%), Vitamin B2: 0.31mg (17.99%), Zinc: 2.51mg (16.74%), Selenium: 11.71µg (16.72%), Vitamin B6: 0.31mg (15.32%), Copper: 0.29mg (14.31%), Fiber: 3.46g (13.86%), Vitamin B1: 0.18mg (12.22%), Vitamin A: 606.01IU (12.12%), Iron: 2.17mg (12.06%), Potassium: 388.96mg (11.11%), Vitamin C: 8.77mg (10.63%), Vitamin E: 1.31mg (8.72%), Vitamin B5: 0.54mg (5.45%), Vitamin B12: 0.3µg (4.99%), Vitamin B3: 0.88mg (4.41%), Vitamin K: 2.79µg (2.65%), Vitamin D: 0.17µg (1.13%)