



## Chicken and Vegetables with Quinoa

 **Gluten Free**  **Dairy Free**

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**339 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 cups quinoa uncooked
- 2.7 cups water
- 0.7 cup chicken broth
- 2 cups green beans fresh (1-inch pieces)
- 0.5 cup baby carrots cut in half lengthwise
- 1 tablespoon olive oil
- 0.5 lb chicken breast boneless skinless cut into bite-size pieces
- 0.5 cup bell pepper red

- 0.5 cup mushrooms fresh sliced
- 0.5 teaspoon rosemary dried
- 0.3 teaspoon salt
- 2 cloves garlic finely chopped

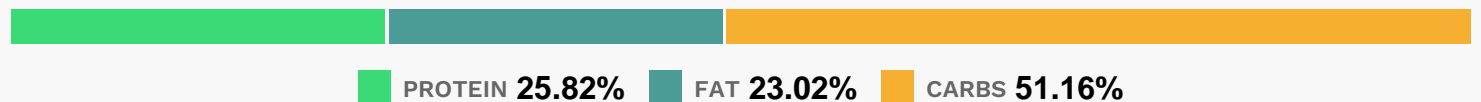
## Equipment

- frying pan
- sauce pan
- sieve

## Directions

- Rinse quinoa thoroughly by placing in a fine-mesh strainer and holding under cold running water until water runs clear; drain well.
- In 2-quart saucepan, heat water to boiling.
- Add quinoa; return to boiling. Reduce heat to low. Cover; cook 12 to 16 minutes or until liquid is absorbed.
- Meanwhile, in 12-inch nonstick skillet, heat broth to boiling over high heat.
- Add green beans and carrots. Reduce heat to medium-high. Cover; cook 5 to 7 minutes or until vegetables are crisp-tender.
- Stir oil, chicken, bell pepper, mushrooms, rosemary and salt and garlic into vegetables. Cook over medium-high heat 8 to 9 minutes, stirring frequently, until chicken is no longer pink in center.
- Serve over quinoa.

## Nutrition Facts



## Properties

Glycemic Index:52.5, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:27.320869883765%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## **Nutrients (% of daily need)**

Calories: 338.87kcal (16.94%), Fat: 8.74g (13.44%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 37.24g (13.54%), Sugar: 3.76g (4.18%), Cholesterol: 37.07mg (12.36%), Sodium: 384.6mg (16.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.05g (44.1%), Manganese: 1.37mg (68.69%), Vitamin A: 3195.3IU (63.91%), Vitamin B6: 0.88mg (44.02%), Phosphorus: 422.45mg (42.24%), Vitamin B3: 7.98mg (39.9%), Vitamin C: 32.37mg (39.24%), Magnesium: 147.42mg (36.85%), Selenium: 24.94µg (35.63%), Folate: 139.7µg (34.92%), Vitamin K: 28.31µg (26.96%), Fiber: 6.46g (25.85%), Copper: 0.48mg (24.03%), Vitamin B2: 0.39mg (22.87%), Potassium: 773.5mg (22.1%), Vitamin B1: 0.32mg (21.42%), Iron: 3.73mg (20.7%), Vitamin E: 2.53mg (16.88%), Vitamin B5: 1.68mg (16.84%), Zinc: 2.42mg (16.1%), Calcium: 65.9mg (6.59%), Vitamin B12: 0.13µg (2.1%)