



Cilantro Lime Quinoa

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

Ingredients

- 1 avocado diced pitted peeled
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 1 jalapeno diced
- 1.5 tablespoons juice of lime
- 1.5 cups chicken broth low-sodium
- 1 mangos diced peeled
- 1 tablespoon olive oil

- 1 cup quinoa rinsed drained
- 0.5 onion diced red
- 0.3 teaspoon salt

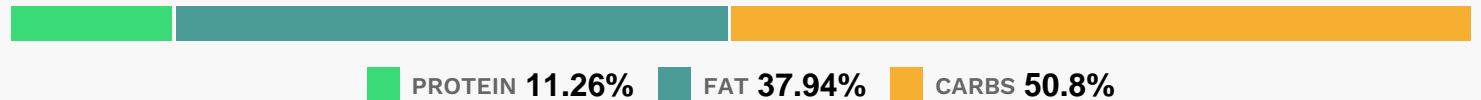
Equipment

- sauce pan

Directions

- Heat olive oil in a saucepan over medium heat; cook and stir garlic until fragrant, about 1 minute.
- Add onion, jalapeno pepper, and salt; cook and stir until onion is tender, 5 to 10 minutes.
- Add quinoa and cook until slightly browned, 1 to 2 minutes.
- Pour in chicken broth and bring to a boil. Reduce heat to low and simmer until broth is absorbed, 15 to 20 minutes.
- Stir corn, mango, avocado, lime juice, and cilantro into quinoa mixture.
- Serve immediately or chill and serve cold.

Nutrition Facts



Properties

Glycemic Index:35.46, Glycemic Load:2.95, Inflammation Score:-7, Nutrition Score:12.17304342726%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 215.43kcal (10.77%), Fat: 9.49g (14.6%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 23.54g (8.56%), Sugar: 5.58g (6.2%), Cholesterol: 0mg (0%), Sodium: 119.49mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Manganese: 0.68mg (33.88%), Vitamin C: 20.83mg (25.24%), Folate: 96.96µg (24.24%), Fiber: 5.04g (20.16%), Magnesium: 71.43mg (17.86%), Phosphorus: 174.82mg (17.48%), Copper: 0.31mg (15.41%), Vitamin B6: 0.31mg (15.29%), Vitamin E: 2.13mg (14.19%), Potassium: 459mg (13.11%), Vitamin B3: 2.11mg (10.53%), Vitamin K: 10.81µg (10.3%), Vitamin B2: 0.17mg (10.03%), Iron: 1.72mg (9.55%), Vitamin B1: 0.14mg (9.49%), Vitamin A: 462.47IU (9.25%), Zinc: 1.22mg (8.11%), Vitamin B5: 0.78mg (7.82%), Selenium: 2.95µg (4.22%), Calcium: 28.39mg (2.84%)