



Cilantro Lime Quinoa

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- 1 avocado diced pitted peeled
- 1 cup regular corn
- 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

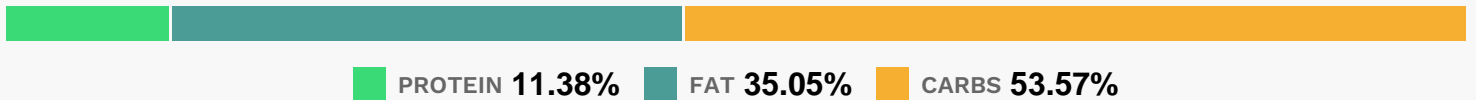
Equipment

- 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:44.71, Glycemic Load:5.59, Inflammation Score:-7, Nutrition Score:13.285217388817%

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 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: 240.07kcal (12%), Fat: 9.87g (15.19%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 28.31g (10.29%), Sugar: 6.75g (7.5%), Cholesterol: 0mg (0%), Sodium: 119.75mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.43%), Manganese: 0.72mg (36.02%), Vitamin C: 22.24mg (26.96%), Folate: 102.87µg (25.72%), Fiber: 5.66g (22.63%), Magnesium: 78.1mg (19.52%), Phosphorus: 194.58mg (19.46%), Vitamin B6: 0.34mg (17.08%), Copper: 0.32mg (16.04%), Potassium: 514.95mg (14.71%), Vitamin E: 2.15mg (14.35%), Vitamin B3: 2.54mg (12.69%), Vitamin B1: 0.17mg (11.08%), Vitamin B2: 0.19mg (10.89%), Vitamin A: 529.97IU (10.6%), Vitamin K: 10.91µg (10.39%), Iron: 1.84mg (10.2%), Vitamin B5: 0.99mg (9.85%), Zinc: 1.38mg (9.18%), Selenium: 3µg (4.29%), Calcium: 29.16mg (2.92%)