



WHATSheATE



Cinnamon-Scented Breakfast Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



2 cinnamon sticks



4 servings maple syrup pure chopped



1 cup quinoa white black red (all or a mix of , , or)



0.3 teaspoon salt



1.5 cups water

Equipment



bowl



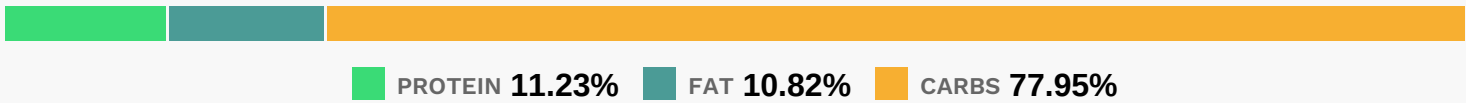
frying pan

- ☐ sauce pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Wash quinoa in several changes of water in a bowl, rubbing grains and letting them settle before pouring off water (if quinoa does not settle, drain in a large fine-mesh sieve after each rinse), until water is clear.
- ☐ Drain washed quinoa well in a large fine-mesh sieve.
- ☐ Combine all ingredients in a heavy medium saucepan and bring to a boil, covered. Reduce heat to low and cook, covered, until water is absorbed and quinoa is tender, about 20 minutes.
- ☐ Remove pan from heat and let stand, covered, 5 minutes. Fluff with a fork and keep covered to keep warm.
- ☐ Remove cinnamon sticks.
- ☐ Divide quinoa among bowls and top with walnuts, maple syrup or honey, milk, and sea salt.
- ☐ The quinoa will stay warm, covered but off the heat, for 15 to 20 minutes. Even if a package says that the quinoa is prewashed, washing it is still recommended. The cinnamon sticks can be washed off, dried, and reused. (I leave mine out in a small bowl near the oven so they can really dry out.)

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:4.94, Inflammation Score:-5, Nutrition Score:11.872173860669%

Nutrients (% of daily need)

Calories: 214.72kcal (10.74%), Fat: 2.6g (4%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 42.15g (14.05%), Net Carbohydrates: 38.25g (13.91%), Sugar: 12.02g (13.36%), Cholesterol: 0mg (0%), Sodium: 153.88mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Manganese: 1.63mg (81.5%), Vitamin B2: 0.39mg (22.93%), Magnesium: 89.87mg (22.47%), Folate: 78.31µg (19.58%), Phosphorus: 195.35mg (19.53%), Fiber: 3.9g (15.62%), Copper: 0.27mg (13.55%), Iron: 2.11mg (11.73%), Vitamin B1: 0.17mg (11.11%), Vitamin B6: 0.21mg (10.49%),

Zinc: 1.5mg (9.99%), Potassium: 291.85mg (8.34%), Vitamin E: 1.08mg (7.18%), Calcium: 62.06mg (6.21%), Selenium: 3.67µg (5.24%), Vitamin B3: 0.69mg (3.43%), Vitamin B5: 0.33mg (3.34%)