



Citrus Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons parsley fresh chopped
- 3 tablespoons juice of lime fresh
- 1 tablespoon lime zest
- 1.5 tablespoons olive oil
- 1.3 cups quinoa uncooked
- 0.5 teaspoon salt
- 0.8 teaspoon salt

2.5 cups water

Equipment

bowl

sauce pan

Directions

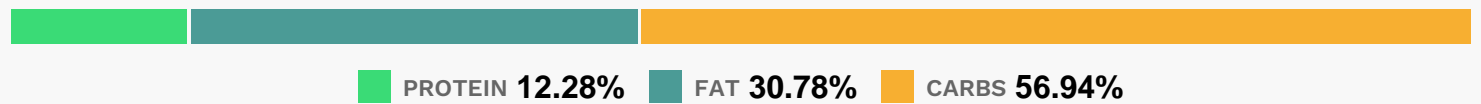
Rinse quinoa according to package directions.

Combine quinoa, water, and salt in a saucepan over medium-high heat. Bring to a boil, reduce heat, and simmer, covered, 20 minutes.

Transfer to a large bowl.

Combine quinoa and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:13.726521782253%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 246.21kcal (12.31%), Fat: 8.51g (13.09%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 31.49g (11.45%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 738.27mg (32.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Manganese: 1.1mg (55.16%), Vitamin K: 36.24µg (34.52%), Magnesium: 108.36mg (27.09%), Folate: 102.06µg (25.51%), Phosphorus: 245.98mg (24.6%), Copper: 0.35mg (17.32%), Fiber: 3.9g (15.61%), Iron: 2.62mg (14.55%), Vitamin E: 2.1mg (13.98%), Vitamin B6: 0.27mg (13.29%), Vitamin B1: 0.2mg (13.09%), Zinc: 1.7mg (11.31%), Vitamin B2: 0.17mg (10.18%), Potassium: 326.73mg (9.34%), Vitamin C: 6.47mg (7.84%), Selenium: 4.54µg (6.49%), Vitamin B5: 0.44mg (4.37%), Vitamin B3: 0.85mg (4.27%), Vitamin A:

182.98IU (3.66%), Calcium: 35.29mg (3.53%)