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HEALTH SCORE

81%

Cook the Book: Quinoa with Chimichurri Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

Ingredients



3 tablespoons parsley fresh chopped



1 teaspoon garlic finely minced



2 teaspoons jalapeno green finely minced



3 tablespoons olive oil extra virgin extra-virgin



1 orange zest finely grated



3 tablespoons oregano fresh chopped



1 cup quinoa

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 2 spring onion white green thinly sliced for garnish (bulbs and 3 inches)
- ☐ 2 tablespoons citrus champagne vinegar

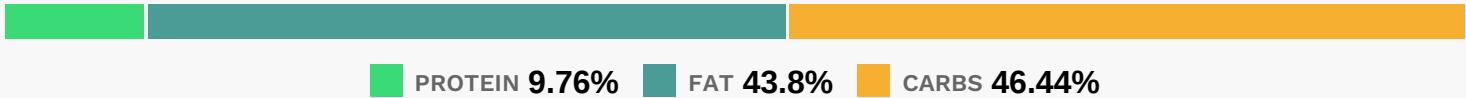
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine the quinoa and 2 cups water in a medium-size saucepan and bring to a boil. Reduce the heat to a simmer, cover the pan, and cook until the liquid has been absorbed, 10 to 15 minutes. The grains should be soft and translucent, with the germ ring visible along the outside edge of each grain.
- ☐ Transfer the quinoa to a bowl.
- ☐ Whisk the oil and vinegar together, and toss with the quinoa while it is still warm.
- ☐ Add the parsley, oregano, jalapeño, garlic, orange zest, and salt and pepper. Toss, using a fork to keep the grains fluffy.
- ☐ Sprinkle the scallions over the top, and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:17.110434718754%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 268.59kcal (13.43%), Fat: 13.3g (20.46%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 26.48g (9.63%), Sugar: 0.43g (0.48%), Cholesterol: 0mg (0%), Sodium: 6.82mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.33%), Vitamin K: 91.89µg (87.52%), Manganese: 1.1mg (54.84%), Magnesium: 98.24mg (24.56%), Folate: 97.1µg (24.28%), Vitamin E: 3.39mg (22.59%), Fiber: 5.25g (21.01%), Iron: 3.74mg (20.79%), Phosphorus: 206.92mg (20.69%), Vitamin C: 12.52mg (15.18%), Copper: 0.29mg (14.61%), Vitamin B6: 0.28mg (13.89%), Vitamin B1: 0.17mg (11.45%), Zinc: 1.5mg (9.98%), Vitamin B2: 0.17mg (9.89%), Potassium: 339.63mg (9.7%), Calcium: 95.81mg (9.58%), Vitamin A: 422.44IU (8.45%), Selenium: 3.97µg (5.67%), Vitamin B3: 0.96mg (4.78%), Vitamin B5: 0.41mg (4.08%)