



Cranberry Pecan Quinoa

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

Ingredients

- 0.7 cup cranberries dried sweetened
- 0.5 orange juice
- 1 tablespoon olive oil
- 0.3 cup onion finely chopped
- 1 cup quinoa rinsed uncooked drained well
- 2 cups chicken broth (from 32-oz carton)
- 1 tablespoon orange zest grated
- 1 teaspoon salt

0.7 cup pecans toasted coarsely chopped

1 leaves thyme leaves fresh chopped

Equipment

bowl

sauce pan

Directions

In small bowl, stir together cranberries and orange juice; set aside.

In 2-quart saucepan, heat oil over medium-high heat. Cook onion in oil, stirring frequently, until softened.

Add quinoa; cook and stir 1 minute.

Add broth, orange peel and salt.

Heat to boiling; reduce heat to low. Cover; simmer 10 to 15 minutes or until broth is absorbed. Fluff with fork.

Stir in cranberry mixture and pecans.

Remove from heat; sprinkle with thyme.

Serve immediately or cover and refrigerate.

Nutrition Facts



PROTEIN 8.48% **FAT 43.19%** **CARBS 48.33%**

Properties

Glycemic Index:22.33, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:10.440434826457%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin:

0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 261.71kcal (13.09%), Fat: 13.11g (20.17%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 33g (11%), Net Carbohydrates: 28.85g (10.49%), Sugar: 11.39g (12.66%), Cholesterol: 1.57mg (0.52%), Sodium: 680.78mg (29.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.59%), Manganese: 1.21mg (60.44%), Magnesium: 73.73mg (18.43%), Phosphorus: 171.06mg (17.11%), Copper: 0.34mg (17.03%), Fiber: 4.15g (16.6%), Folate: 58.36µg (14.59%), Vitamin B1: 0.21mg (14%), Zinc: 1.52mg (10.13%), Vitamin E: 1.52mg (10.12%), Iron: 1.79mg (9.95%), Vitamin B2: 0.16mg (9.5%), Vitamin B6: 0.18mg (9.18%), Potassium: 256.09mg (7.32%), Vitamin C: 4.94mg (5.99%), Selenium: 3.32µg (4.75%), Vitamin B3: 0.86mg (4.3%), Vitamin B5: 0.39mg (3.86%), Calcium: 31.28mg (3.13%), Vitamin K: 2.89µg (2.75%)