



WHATSHATE



HEALTH SCORE

59%

Creamy Quinoa Primavera



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



315 kcal

SIDE DISH

Ingredients

- ☐ 5 cups savory vegetable such as asparagus, broccoli, carrot or zucchini assorted thinly sliced
- ☐ 2 teaspoons butter
- ☐ 3 cups chicken broth (from 32-ounce carton)
- ☐ 2 ounces cream cheese
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 2 garlic clove finely chopped
- ☐ 1.5 cups quinoa uncooked
- ☐ 2 tablespoons pecorino cheese grated

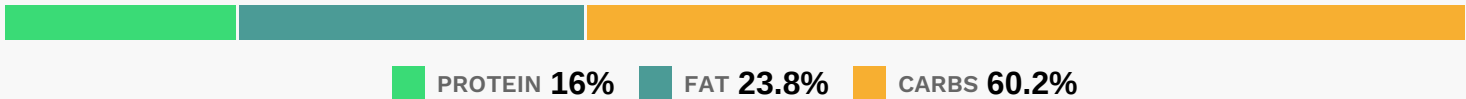
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Rinse quinoa thoroughly; drain.
- ☐ Heat quinoa and broth to boiling in 2-quart saucepan; reduce heat. Cover and simmer 10 to 15 minutes or until all broth is absorbed. Stir in cream cheese and basil; cover and remove from heat.
- ☐ Melt butter in 10-inch nonstick skillet over medium-high heat. Cook garlic in butter about 30 seconds, stirring frequently, until golden. Stir in vegetables. Cook about 2 minutes, stirring frequently, until vegetables are crisp-tender.
- ☐ Toss vegetables and quinoa mixture.
- ☐ Sprinkle with Romano cheese.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:6.71, Inflammation Score:-10, Nutrition Score:22.746521667132%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 315.07kcal (15.75%), Fat: 8.69g (13.37%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 49.45g (16.48%), Net Carbohydrates: 40.13g (14.59%), Sugar: 0.89g (0.99%), Cholesterol: 13.63mg (4.54%), Sodium: 575.4mg (25.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.15g (26.29%), Vitamin A: 7908.43IU (158.17%), Manganese: 1.37mg (68.58%), Fiber: 9.31g (37.26%), Magnesium: 127.87mg (31.97%), Phosphorus: 314.93mg (31.49%), Folate: 125.26µg (31.32%), Vitamin B1: 0.37mg (24.55%), Iron: 4.1mg (22.8%), Vitamin B2: 0.37mg (21.82%), Copper: 0.43mg (21.43%), Vitamin C: 16.09mg (19.51%), Vitamin B6: 0.38mg (19.04%), Potassium: 618.11mg (17.66%), Zinc: 2.23mg (14.88%), Vitamin B3: 2.85mg (14.26%), Vitamin K: 11.68µg (11.13%), Calcium: 106.73mg (10.67%), Vitamin E: 1.29mg (8.62%), Selenium: 5.91µg (8.44%), Vitamin B5: 0.66mg (6.6%), Vitamin B12: 0.06µg (1.08%)