



Cuban Inspired Millet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 1 carrots chopped
- ☐ 0.3 cup cilantro leaves fresh chopped to taste
- ☐ 2 cloves garlic crushed
- ☐ 1 bell pepper green chopped
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 cup millet
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

☐ 2 cups vegetable broth

Equipment

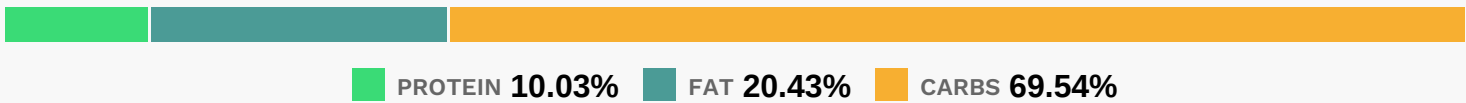
☐ food processor

☐ pot

Directions

- ☐ Blend carrot and garlic in a food processor until finely chopped.
- ☐ Heat olive oil in a pot over medium heat; cook and stir carrot mixture, onion, and green bell pepper until softened, about 10 minutes.
- ☐ Add millet; stir until fragrant and toasted, about 3 minutes.
- ☐ Pour vegetable broth into millet mixture; season with salt and black pepper. Reduce heat and simmer until all the broth is absorbed and millet is tender, about 20 minutes. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:36.73, Glycemic Load:12.41, Inflammation Score:-8, Nutrition Score:7.3486956668937%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 125.99kcal (6.3%), Fat: 2.87g (4.42%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 19.12g (6.95%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 242.92mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.35%), Vitamin A: 1488.64IU (29.77%), Manganese: 0.48mg (24.11%), Vitamin C: 13.8mg (16.72%), Fiber: 2.88g (11.52%), Copper: 0.21mg (10.54%), Vitamin B1: 0.13mg (8.47%), Vitamin B6: 0.17mg (8.33%), Phosphorus: 82.43mg (8.24%), Magnesium: 32.77mg (8.19%), Folate: 27.15µg (6.79%), Vitamin B3: 1.35mg (6.77%), Vitamin B2: 0.09mg (5.09%), Iron: 0.9mg (4.98%), Vitamin K: 5.17µg (4.92%), Potassium: 126.22mg (3.61%), Zinc: 0.49mg (3.29%), Vitamin B5: 0.27mg (2.73%), Vitamin E: 0.39mg (2.58%), Selenium: 0.87µg (1.24%), Calcium: 11.32mg (1.13%)