



WHATSheATE



Cumin-Scented Quinoa and Black Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



238 kcal

SIDE DISH

Ingredients



1 avocado pitted peeled



1 bay leaves



8 servings pepper black freshly ground



2 teaspoons cumin seeds



0.3 cup flat parsley chopped



0.3 cup cilantro leaves fresh chopped



3 large garlic clove minced



0.3 teaspoon kosher salt plus more

- ☐ 1 optional: lemon cut into wedges
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 small onion finely chopped
- ☐ 1 cup quinoa red rinsed well
- ☐ 0.5 cup short grain rice black

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring rice and 1 cup water to a boil in a small saucepan. Cover, reduce heat to low, and cook until water is absorbed and rice is tender, 25–30 minutes.
- ☐ Meanwhile, combine quinoa, bay leaf, 1/4 teaspoon salt, and 2 cups water in a medium saucepan. Bring to a boil. Cover, reduce heat to low, and simmer until quinoa is tender, about 15 minutes.
- ☐ Drain; return quinoa to hot saucepan. Cover and let sit for 15 minutes. Discard bay leaf, fluff quinoa with a fork, and transfer to a large bowl.
- ☐ Heat 2 tablespoons oil in a large skillet over medium heat.
- ☐ Add onion and cook, stirring occasionally, until soft, about 8 minutes.
- ☐ Add garlic and cumin and cook, stirring often, for 2 minutes.
- ☐ Add to quinoa.
- ☐ Add rice; mix well. Stir in remaining 2 tablespoons oil, fresh lemon juice, cilantro, parsley, and chives. Season to taste with salt and pepper.
- ☐ Cut avocado into wedges.
- ☐ Serve salad with avocado and lemon wedges.
- ☐ Per serving: 238 calories, 13 g fat, 29 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



PROTEIN 7.86% FAT 44.95% CARBS 47.19%

Properties

Glycemic Index:38.19, Glycemic Load:8.56, Inflammation Score:-6, Nutrition Score:11.882608506991%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 238.31kcal (11.92%), Fat: 12.25g (18.85%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 24.69g (8.98%), Sugar: 1.06g (1.18%), Cholesterol: 0mg (0%), Sodium: 78.77mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Vitamin K: 42.04µg (40.03%), Manganese: 0.67mg (33.39%), Folate: 95.88µg (23.97%), Vitamin C: 15.52mg (18.81%), Fiber: 4.25g (16.98%), Magnesium: 57.68mg (14.42%), Vitamin E: 2.12mg (14.15%), Phosphorus: 132.92mg (13.29%), Iron: 2.27mg (12.63%), Vitamin B1: 0.18mg (12.15%), Vitamin B6: 0.23mg (11.62%), Copper: 0.22mg (11.09%), Potassium: 316.12mg (9.03%), Vitamin B5: 0.74mg (7.36%), Zinc: 1.04mg (6.96%), Vitamin B2: 0.12mg (6.94%), Vitamin B3: 1.37mg (6.83%), Selenium: 4.1µg (5.85%), Vitamin A: 242.6IU (4.85%), Calcium: 29.51mg (2.95%)