



 **59%**
HEALTH SCORE

Cumin Spiced Quinoa with Vegetables

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



27 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

Ingredients

- 1 ginger tea bags reynolds®
- 1 tablespoon flour
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 cup quinoa whole
- 1 medium zucchini cut in half lengthwise, then cut in 3/4 inch slices

- 1 small and orange peppers cut in 3/4 inch chunks
- 1 small bell pepper red cut in 3/4 inch chunks
- 1 small onion red sliced cut in 3/4 inch chunks
- 1 cup grape tomatoes cut in half
- 1 cup baby carrots peeled cut in half crosswise
- 2.5 cups vegetable stock unsalted
- 0.3 cup cilantro leaves fresh toasted chopped

Equipment

- bowl
- frying pan
- ladle
- oven
- microwave

Directions

- Preheat oven to 400°F.
- Place Reynolds® Oven Bag in 13x9x2-inch pan.
- Add flour, cumin, garlic powder, salt and pepper to oven bag; gently squeeze bag to blend ingredients.
- Add quinoa and vegetables; turn bag several times to mix ingredients. Arrange ingredients in even layer in bag. Fold down bag opening two times to hold bag open; set aside.
- Microwave vegetable stock in a medium microwave-safe bowl for about 4 minutes on high power until stock is very hot. Carefully pour or ladle stock over vegetables. Carefully unfold bag opening.
- Close bag with nylon tie.
- Cut six 1/2-inch slits in top of bag near tie. Tuck ends of bag in pan.
- Bake 20 to 25 minutes or until vegetables are tender and quinoa is soft and translucent.
- Let stand 5 minutes. Carefully cut top of bag open; stir. Top with fresh herbs and pine nuts, if desired. Season with additional salt and pepper, if desired.

Nutrition Facts

PROTEIN 14.42% FAT 12.66% CARBS 72.92%

Properties

Glycemic Index:84.5, Glycemic Load:3.51, Inflammation Score:-10, Nutrition Score:23.186086903448%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 224.2kcal (11.21%), Fat: 3.25g (5%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 35.73g (12.99%), Sugar: 7.75g (8.61%), Cholesterol: 0mg (0%), Sodium: 916.28mg (39.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.65%), Vitamin A: 6379.77IU (127.6%), Vitamin C: 64.46mg (78.13%), Manganese: 1.19mg (59.64%), Folate: 130.96µg (32.74%), Magnesium: 112.16mg (28.04%), Phosphorus: 259.14mg (25.91%), Vitamin B6: 0.51mg (25.52%), Fiber: 6.37g (25.47%), Iron: 3.55mg (19.73%), Potassium: 685.27mg (19.58%), Copper: 0.37mg (18.36%), Vitamin B1: 0.26mg (17.08%), Vitamin B2: 0.25mg (14.95%), Vitamin E: 1.95mg (13.02%), Vitamin K: 13.35µg (12.71%), Zinc: 1.82mg (12.15%), Vitamin B3: 1.84mg (9.18%), Vitamin B5: 0.76mg (7.62%), Selenium: 5.06µg (7.22%), Calcium: 62.28mg (6.23%)