



 **56%**
HEALTH SCORE

Curried Quinoa

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



40 min.

SERVINGS



2

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ancho chile powder
- 2 cups chicken broth
- 1 tablespoon curry powder to taste
- 2 cloves garlic minced
- 1 small onion diced
- 1 cup quinoa
- 2 servings salt and pepper to taste

Equipment

frying pan

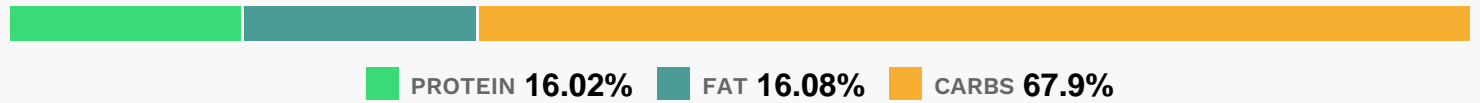
Directions

Heat oil in a large skillet over medium heat.

Add onion and garlic and cook and stir for 2 minutes; add quinoa and cook and stir until lightly toasted, about 5 minutes.

Pour broth into the pan and bring to a boil. Reduce heat and add curry and chile powders; cover and simmer until tender, about 25 minutes. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.04, Inflammation Score:-9, Nutrition Score:24.669130377148%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 366.4kcal (18.32%), Fat: 6.69g (10.29%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 63.56g (21.19%), Net Carbohydrates: 54.57g (19.84%), Sugar: 2.89g (3.22%), Cholesterol: 4.7mg (1.57%), Sodium: 1138.96mg (49.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15g (30%), Manganese: 2.13mg (106.43%), Magnesium: 187.63mg (46.91%), Phosphorus: 435.06mg (43.51%), Folate: 168.88µg (42.22%), Fiber: 9g (35.98%), Iron: 5.75mg (31.97%), Copper: 0.62mg (31.2%), Vitamin B6: 0.61mg (30.57%), Vitamin E: 4.36mg (29.08%), Vitamin B2: 0.47mg (27.51%), Vitamin B1: 0.4mg (26.34%), Vitamin A: 1233.15IU (24.66%), Zinc: 3.19mg (21.25%), Potassium: 708.31mg (20.24%), Selenium: 10.1µg (14.42%), Vitamin B3: 2.44mg (12.18%), Calcium: 90.49mg (9.05%), Vitamin B5: 0.77mg (7.74%), Vitamin K: 7.41µg (7.06%), Vitamin C: 3.9mg (4.72%)