



Curried Quinoa Pilaf

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



37 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter
- 0.5 cup carrots grated
- 0.8 tsp curry powder
- 1 cup onion chopped
- 1 cup quinoa rinsed toasted
- 0.5 cup raisins
- 2 oz planters slivered almonds lightly toasted
- 14 oz vegetable broth canned

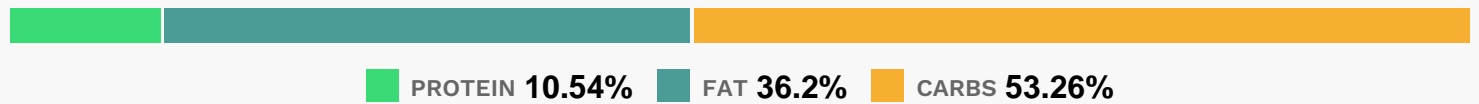
Equipment

sauce pan

Directions

- Melt butter in large saucepan on medium-high heat.
- Add onion; cook and stir 4 minutes or until onion is tender.
- Add broth, quinoa, raisins and curry powder; stir. Bring to boil. Reduce heat to medium-low; simmer 20 minutes or until broth is absorbed.
- Stir in carrots and almonds; cover.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:4.82, Glycemic Load:0.97, Inflammation Score:-3, Nutrition Score:1.9152174000021%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 37.12kcal (1.86%), Fat: 1.55g (2.39%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.41g (1.61%), Sugar: 0.39g (0.44%), Cholesterol: 0mg (0%), Sodium: 48.31mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.03%), Manganese: 0.13mg (6.63%), Vitamin A: 314.53IU (6.29%), Vitamin E: 0.51mg (3.39%), Magnesium: 13.45mg (3.36%), Phosphorus: 29.61mg (2.96%), Fiber: 0.72g (2.89%), Folate: 9.63µg (2.41%), Copper: 0.05mg (2.39%), Vitamin B2: 0.04mg (2.08%), Iron: 0.32mg (1.77%), Potassium: 61.1mg (1.75%), Vitamin B6: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.55%), Zinc: 0.19mg (1.28%)