



Dinner Tonight: Quinoa Chowder with Cumin, Feta, and Spinach



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.3 pound feta cheese cut into small (1/4-inch) cubes
- ☐ 1 clove garlic finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 hardboiled eggs chopped
- ☐ 1 jalapeno diced seeded finely
- ☐ 2 tablespoons olive oil

- ☐ 0.8 cup quinoa
- ☐ 4 servings salt and pepper
- ☐ 1 bunch spring onion white green thinly sliced into rounds (use an inch of the section in addition to the)
- ☐ 3 cups pkt spinach finely sliced
- ☐ 0.5 pound potato red such as skin, peeled and cut into 1/4-inch cubes

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ sieve

Directions

- ☐ In a fine strainer, rinse the quinoa well to remove any bitterness.
- ☐ Transfer to a large saucepan and cover with 2 quarts of water. Bring to a boil, then lower the heat to simmer until the quinoa is tender, 15 to 20 minutes.
- ☐ Drain, reserving the cooking liquid.
- ☐ Add water to the liquid to make 6 cups, if necessary.
- ☐ In a medium soup pot, heat the olive oil over medium heat until shimmering.
- ☐ Add the garlic and jalapeno and cook until fragrant, about 30 seconds, then add the cumin and potatoes. Stir well to combine and continue cooking as the cumin toasts, 2–3 minutes.
- ☐ Add the quinoa cooking water to the pot, along with half the scallions. Taste and season with salt and pepper. Bring to a boil and simmer until the potatoes are tender, about 15 minutes.
- ☐ Return the quinoa to the pot along with the spinach, remaining scallions, and cilantro. Cook for 3 minutes, then remove from the heat and add the feta. Ladle into bowls and serve with the chopped egg as garnish.

Nutrition Facts



 PROTEIN **14.72%**  FAT **45.55%**  CARBS **39.73%**

Properties

Glycemic Index:47.5, Glycemic Load:0.61, Inflammation Score:-9, Nutrition Score:23.777826091518%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 324.78kcal (16.24%), Fat: 16.67g (25.65%), Saturated Fat: 5.42g (33.86%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 28.66g (10.42%), Sugar: 1.28g (1.42%), Cholesterol: 71.86mg (23.95%), Sodium: 564.84mg (24.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.24%), Vitamin K: 132.32µg (126.02%), Vitamin A: 2496.83IU (49.94%), Manganese: 0.99mg (49.47%), Folate: 132.76µg (33.19%), Phosphorus: 315.73mg (31.57%), Vitamin B2: 0.48mg (28.04%), Magnesium: 103.77mg (25.94%), Vitamin B6: 0.46mg (23.13%), Vitamin C: 17.11mg (20.74%), Calcium: 200.78mg (20.08%), Iron: 3.32mg (18.44%), Potassium: 640.56mg (18.3%), Vitamin E: 2.64mg (17.58%), Selenium: 11.52µg (16.45%), Fiber: 4.05g (16.2%), Vitamin B1: 0.24mg (16.02%), Copper: 0.32mg (16.02%), Zinc: 2.31mg (15.4%), Vitamin B12: 0.62µg (10.3%), Vitamin B5: 0.9mg (8.95%), Vitamin B3: 1.71mg (8.54%), Vitamin D: 0.39µg (2.59%)