



Dinner Tonight: Quinoa 'Risotto' with Toasted Hazelnuts and Dried Currants



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



867 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 2 cups chicken stock see divided
- ☐ 0.5 cup cranberries dried (cranberries or raisins also work)
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 cup hazelnuts
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion diced

- ☐ 1 cup quinoa washed cold drained
- ☐ 2 servings salt and pepper black
- ☐ 2 tablespoons butter unsalted

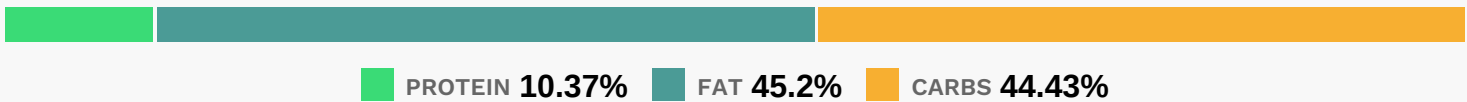
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a heavy-bottomed iron skillet over medium heat. When hot, add the hazelnuts and toast, shaking the pan often, until they become warm and fragrant, about four minutes. Set the hazelnuts aside to cool. Then remove their skins and coarsely chop.
- ☐ Pour the oil into a small saucepan set over medium-high heat. When shimmering, add the onion and cook until softened, about four minutes.
- ☐ Add the quinoa and toast for a minute, stirring often.
- ☐ Pour in half of the broth, and bring to a boil over high heat. Reduce heat to a simmer, and add the bay leaf, cinnamon, dried currants, 1/2 teaspoon salt, and 1/2 teaspoon ground black pepper. Cook until the quinoa has absorbed the liquid, about eight minutes.
- ☐ Pour in remaining stock, bring to a boil again over high heat, and then reduce heat to a simmer and cook for another eight minutes.
- ☐ Turn off the heat, and stir in the chopped hazelnuts and the butter. Cover the saucepan, and let sit for five minutes.
- ☐ Add more salt and pepper, if needed, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:32.239130363516%

Flavonoids

Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg, Cyanidin: 2.19mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 867.23kcal (43.36%), Fat: 45.05g (69.31%), Saturated Fat: 10.92g (68.26%), Carbohydrates: 99.65g (33.22%), Net Carbohydrates: 86.45g (31.44%), Sugar: 28.67g (31.86%), Cholesterol: 37.3mg (12.43%), Sodium: 546.25mg (23.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.27g (46.54%), Manganese: 4.41mg (220.49%), Copper: 1.2mg (59.8%), Magnesium: 233.41mg (58.35%), Vitamin E: 8.72mg (58.1%), Phosphorus: 558.8mg (55.88%), Fiber: 13.2g (52.79%), Folate: 209.7µg (52.42%), Vitamin B1: 0.6mg (40.3%), Vitamin B6: 0.79mg (39.52%), Iron: 6.39mg (35.49%), Vitamin B2: 0.53mg (31.34%), Vitamin B3: 5.89mg (29.45%), Potassium: 1021.47mg (29.18%), Zinc: 3.88mg (25.89%), Selenium: 13.85µg (19.78%), Calcium: 136.17mg (13.62%), Vitamin K: 13.63µg (12.98%), Vitamin B5: 1.07mg (10.7%), Vitamin A: 390.55IU (7.81%), Vitamin C: 5.2mg (6.3%), Vitamin D: 0.21µg (1.4%)