



Eating for Two: Quinoa Chowder with Spinach, Feta, and Scallions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.3 pound feta cheese diced crumbled finely
- ☐ 1 garlic clove finely chopped
- ☐ 1 teaspoon ground cumin to taste
- ☐ 1 hardboiled eggs chopped
- ☐ 1 jalapeno diced seeded finely
- ☐ 2 tablespoons olive oil

- ☐ 0.5 pound potato boiling peeled cut into 1/4-inch cubes
- ☐ 0.8 cup quinoa rinsed well fine
- ☐ 4 servings salt and pepper
- ☐ 1 bunch spring onion thinly sliced into rounds
- ☐ 3 cups pkt spinach finely sliced (chard works, too)

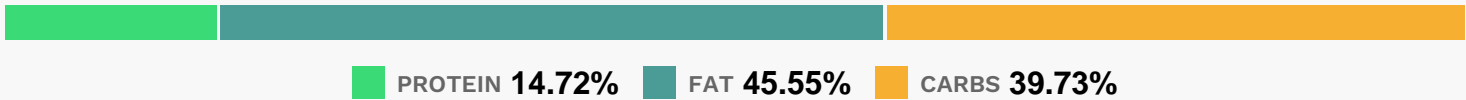
Equipment

- ☐ pot

Directions

- ☐ Put the quinoa and 2 quarts water in a pot, bring to a boil, then lower the heat and simmer for 10 minutes. While it's cooking, dice the vegetables and cheese.
- ☐ Drain, saving the liquid. Measure the liquid and add water to make 6 cups if needed.
- ☐ Heat the oil in a soup pot over medium heat.
- ☐ Add the garlic and chile. Cook for about 30 seconds, giving it a quick stir.
- ☐ Add the cumin, 1 teaspoon salt, and the potatoes and cook for a few minutes, stirring frequently. Don't let the garlic brown.
- ☐ Add the quinoa water and half the scallions and simmer until the potatoes are tender, about 15 minutes.
- ☐ Add the quinoa, spinach, and remaining scallions and simmer for 3 minutes more. Turn off the heat and stir in the feta and cilantro. Season the soup with pepper and garnish with the chopped egg.

Nutrition Facts



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%)