



WHATSheATE



HEALTH SCORE

79%

Energy-Revving Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 0.3 cup black beans drained and rinsed low-sodium canned
- ☐ 1 cup quinoa cooked
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 1 pinch salt
- ☐ 1 scallion sliced
- ☐ 1 small tomatoes chopped

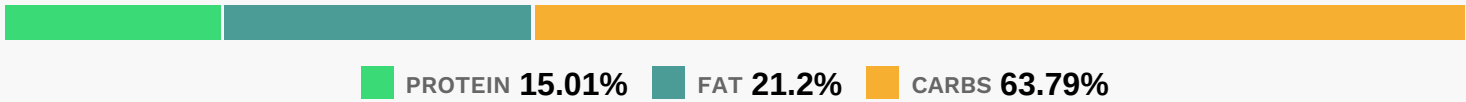
Equipment

☐ bowl

Directions

☐ In a medium bowl, gently toss all ingredients to combine.

Nutrition Facts



Properties

Glycemic Index:155, Glycemic Load:19.26, Inflammation Score:-8, Nutrition Score:20.959999965585%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 331.1kcal (16.56%), Fat: 7.94g (12.21%), Saturated Fat: 1.06g (6.59%), Carbohydrates: 53.73g (17.91%), Net Carbohydrates: 43.15g (15.69%), Sugar: 4.41g (4.9%), Cholesterol: 0mg (0%), Sodium: 278.49mg (12.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.29%), Manganese: 1.44mg (71.87%), Fiber: 10.58g (42.32%), Magnesium: 151.35mg (37.84%), Phosphorus: 369.96mg (37%), Folate: 135.02µg (33.76%), Vitamin K: 34.6µg (32.95%), Copper: 0.53mg (26.55%), Iron: 4.31mg (23.92%), Vitamin C: 18.21mg (22.07%), Potassium: 750.1mg (21.43%), Vitamin B1: 0.32mg (21.32%), Vitamin A: 890.06IU (17.8%), Vitamin B2: 0.3mg (17.65%), Vitamin B6: 0.34mg (17.09%), Zinc: 2.53mg (16.88%), Vitamin E: 2.31mg (15.38%), Vitamin B3: 1.73mg (8.63%), Selenium: 6.01µg (8.58%), Calcium: 70.06mg (7.01%), Vitamin B5: 0.2mg (2.03%)