

 **100%**
HEALTH SCORE

Farmers' Market Quinoa

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup basil fresh minced
- 16 ounce canned tomatoes diced canned (I use Muir Glen fire-roasted)
- 1 cup chickpeas cooked
- 1 medium eggplant cut into 1/4-inch cubes
- 2 cloves garlic minced
- 4 cloves garlic minced
- 0.5 bell pepper diced green seeded
- 1 cup onion chopped

- 0.5 tsp oregano dried
- 1.5 cups quinoa
- 0.5 bell pepper diced red seeded
- 0.8 tsp salt low-sodium for (omit)
- 6 servings pepper black freshly ground to taste
- 0.5 cup non-dairy milk (or other non-dairy milk)
- 2.3 cups water
- 2 medium to 3 sized squashes yellow cut into 1/4-inch cubes

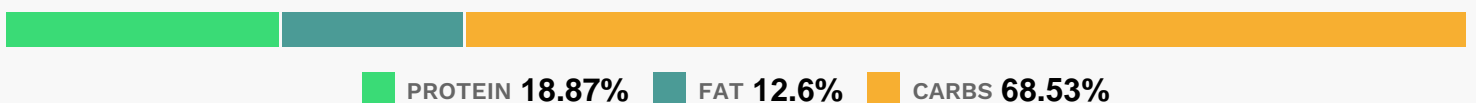
Equipment

- frying pan
- dutch oven

Directions

- Heat a large, covered Dutch oven over medium heat, add the onion, and cook for 5 minutes or until beginning to brown (add water by the tablespoon if necessary to keep onion from sticking).
- Add the eggplant, bell pepper, zucchini, and garlic along with 2 tablespoons water and cook for 10 minutes, stirring frequently but keeping it covered between stirrings.
- Add the tomatoes to the pan with their liquid, along with the chickpeas. Lower the heat to a simmer and continue to cook 5 more minutes. Slowly stir in the non-dairy milk. Blend well and season with oregano, basil, salt and pepper to taste.
- Add the cooked quinoa to the vegetables and mix together thoroughly.
- Sprinkle with the soy parmesan, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.19, Glycemic Load:5.27, Inflammation Score:-9, Nutrition Score:42.927826067676%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 330.09kcal (16.5%), Fat: 5.05g (7.76%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 61.75g (20.58%), Net Carbohydrates: 43.76g (15.91%), Sugar: 11.43g (12.7%), Cholesterol: 0mg (0%), Sodium: 428.93mg (18.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17g (34%), Vitamin K: 350.23µg (333.55%), Manganese: 3.64mg (181.81%), Iron: 22.17mg (123.17%), Fiber: 17.99g (71.96%), Magnesium: 281.01mg (70.25%), Folate: 249.28µg (62.32%), Calcium: 563.84mg (56.38%), Vitamin C: 45.25mg (54.85%), Copper: 1.06mg (53.15%), Vitamin B6: 1mg (49.85%), Potassium: 1525.07mg (43.57%), Phosphorus: 378.77mg (37.88%), Vitamin B2: 0.61mg (35.95%), Vitamin E: 5.22mg (34.8%), Zinc: 3.83mg (25.54%), Vitamin B1: 0.36mg (24.01%), Vitamin B3: 4.35mg (21.73%), Vitamin A: 899.15IU (17.98%), Vitamin B5: 1.19mg (11.92%), Selenium: 7.06µg (10.09%), Vitamin B12: 0.21µg (3.54%), Vitamin D: 0.24µg (1.57%)