



Fresh Corn Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup basil
- ☐ 2 cups ears corn fresh
- ☐ 2 garlic clove minced
- ☐ 6 cups the salad shredded (such as chard)
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup mint leaves
- ☐ 1 tablespoon olive oil

- ☐ 1.5 cups quinoa red uncooked
- ☐ 4 small shallots quartered
- ☐ 4 cups water

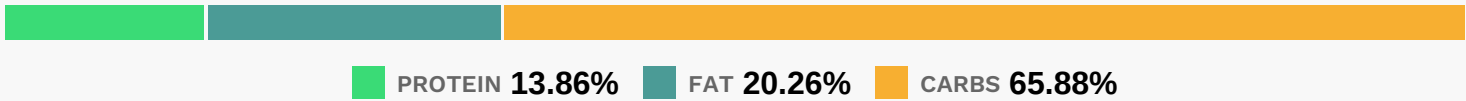
Equipment

- ☐ frying pan

Directions

- ☐ Bring quinoa, salt, and water to a boil. Cover, reduce heat to medium, and simmer 8 to 10 minutes or until tender; drain. Cover and let stand 15 minutes. Meanwhile, saut shallots in hot olive oil in a large skillet over medium heat 3 minutes or until tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Add corn kernels and shredded greens; cook 2 minutes or just until wilted.
- ☐ Add quinoa, basil, mint, and fresh lemon juice.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:22.816522079965%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 362.03kcal (18.1%), Fat: 8.49g (13.06%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 62.1g (20.7%), Net Carbohydrates: 55.06g (20.02%), Sugar: 6.72g (7.47%), Cholesterol: 0mg (0%), Sodium: 336.57mg (14.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.14%), Manganese: 1.67mg (83.48%), Folate: 185.24µg (46.31%), Magnesium: 171.63mg (42.91%), Phosphorus: 400.89mg (40.09%), Vitamin C: 25.65mg (31.1%), Fiber: 7.04g (28.16%), Vitamin B6: 0.54mg (27.12%), Copper: 0.53mg (26.59%), Vitamin B1: 0.38mg (25.53%), Iron: 4.26mg (23.67%), Potassium: 780.05mg (22.29%), Vitamin A: 1105.41IU (22.11%), Zinc: 2.64mg (17.58%), Vitamin B2: 0.29mg

(17.07%), Vitamin E: 2.16mg (14.38%), Vitamin K: 15µg (14.29%), Vitamin B3: 2.72mg (13.62%), Vitamin B5: 1.19mg (11.91%), Selenium: 6.62µg (9.46%), Calcium: 71.08mg (7.11%)