



Fruited Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



205 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup golden raisins
- 1 teaspoon juice of lemon fresh ()
- 1 teaspoon olive oil
- 0.8 cup quinoa rinsed uncooked drained
- 0.3 teaspoon salt
- 1 cup water

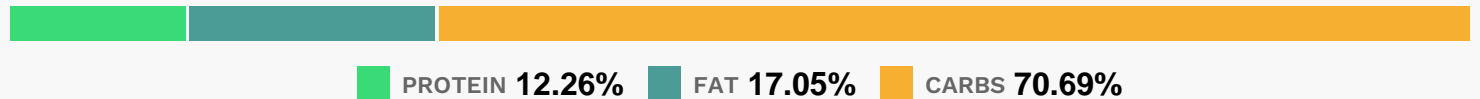
Equipment

sauce pan

Directions

- Bring water to a boil in a medium saucepan; add quinoa and raisins. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- Remove from heat; cover and let stand 5 minutes.
- Add oil, lemon juice, salt, and pepper; fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:5.19, Inflammation Score:-5, Nutrition Score:9.9204348073058%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 205.46kcal (10.27%), Fat: 3.98g (6.12%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 37.1g (12.37%), Net Carbohydrates: 33.59g (12.22%), Sugar: 7.2g (7.99%), Cholesterol: 0mg (0%), Sodium: 201.38mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.87%), Manganese: 0.92mg (46.16%), Magnesium: 89.13mg (22.28%), Phosphorus: 208.52mg (20.85%), Folate: 78.92µg (19.73%), Copper: 0.31mg (15.49%), Fiber: 3.51g (14.02%), Vitamin B6: 0.25mg (12.36%), Iron: 2.19mg (12.14%), Vitamin B1: 0.15mg (10.3%), Potassium: 333.4mg (9.53%), Vitamin B2: 0.16mg (9.34%), Zinc: 1.37mg (9.12%), Vitamin E: 1.25mg (8.32%), Selenium: 3.71µg (5.3%), Vitamin B3: 0.79mg (3.94%), Vitamin B5: 0.35mg (3.5%), Calcium: 29.72mg (2.97%), Vitamin K: 1.5µg (1.43%), Vitamin C: 1.03mg (1.25%)