



 **87%**
HEALTH SCORE

Garden Vegetables with Lemon-Scented Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

Ingredients

- 1 cup quinoa uncooked
- 2 cups water
- 0.5 teaspoon salt
- 2 teaspoons lemon zest shredded finely
- 1 tablespoon juice of lemon fresh
- 12 oz savory vegetable frozen
- 2 tablespoons olive oil

1 medium bell pepper yellow cut into 1/2-inch squares

0.5 cup onion red thin

Equipment

frying pan

Directions

Make quinoa as directed on package, using water and salt.

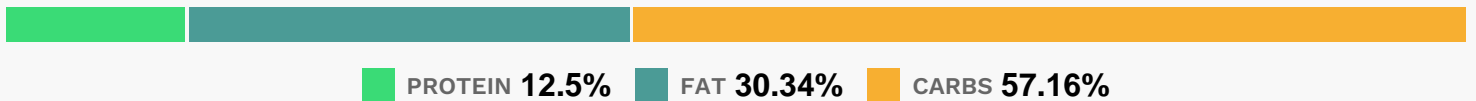
Remove from heat; stir in lemon peel and lemon juice. Cover to keep warm.

Meanwhile, cook garden vegetable medley as directed on bag.

In 10-inch skillet, melt butter over medium heat.

Add bell pepper and onion. Cook 3 to 5 minutes, stirring frequently, until vegetables are crisp-tender. Stir in cooked garden vegetable medley. Spoon quinoa mixture onto serving platter; top with vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:21.500869439996%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 290.04kcal (14.5%), Fat: 10.12g (15.56%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 42.88g (14.29%), Net Carbohydrates: 35.78g (13.01%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 340.33mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Vitamin A: 4385.34IU (87.71%), Vitamin C: 67.66mg (82.01%), Manganese: 1.13mg (56.67%), Folate: 115.28µg (28.82%), Fiber: 7.1g (28.41%), Magnesium:

111.27mg (27.82%), Phosphorus: 257.76mg (25.78%), Copper: 0.39mg (19.51%), Vitamin B1: 0.28mg (18.39%), Vitamin B6: 0.37mg (18.3%), Iron: 2.98mg (16.57%), Potassium: 517.44mg (14.78%), Vitamin E: 2.06mg (13.71%), Vitamin B2: 0.22mg (13.04%), Zinc: 1.8mg (12.01%), Vitamin B3: 2.01mg (10.03%), Selenium: 4.15µg (5.93%), Vitamin B5: 0.55mg (5.49%), Calcium: 54.47mg (5.45%), Vitamin K: 4.29µg (4.09%)