



Hearty Quinoa with Sautéed Apples and Almonds

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.8 cup carrots diced finely (2)
- 1 garlic clove minced
- 1.5 cups apples i use 2 granny smith apples diced unpeeled finely (1)
- 0.3 teaspoon ground cinnamon
- 2 teaspoons olive oil divided
- 0.8 cup onion chopped

- 1 cup quinoa uncooked
- 0.3 teaspoon salt
- 3 tablespoons slivered almonds toasted
- 2 cups vegetable broth organic (such as Swanson Certified)

Equipment

- bowl
- frying pan
- sauce pan
- sieve

Directions

- Place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice.
- Drain well.
- Heat 1 teaspoon oil in saucepan over medium-high heat.
- Add onion, carrot, and garlic to pan; saut 5 minutes or until onion is tender and carrot begins to brown. Stir in broth, quinoa, salt, and cinnamon; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- Remove from heat. Fluff with a fork; keep warm.
- Heat remaining 1 teaspoon oil in a nonstick skillet over medium-high heat.
- Add apple to pan; saut 7 minutes or until apple begins to brown.
- Add apple, almonds, and pepper to quinoa, tossing to combine.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:3.92, Inflammation Score:-10, Nutrition Score:17.693478211113%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

Nutrients (% of daily need)

Calories: 271.18kcal (13.56%), Fat: 8.5g (13.07%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 36.03g (13.1%), Sugar: 8.62g (9.58%), Cholesterol: 0mg (0%), Sodium: 635.96mg (27.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.65%), Vitamin A: 4292.43IU (85.85%), Manganese: 1.17mg (58.38%), Magnesium: 112.57mg (28.14%), Phosphorus: 253.88mg (25.39%), Fiber: 6.32g (25.27%), Vitamin E: 3.5mg (23.32%), Folate: 93.21µg (23.3%), Copper: 0.37mg (18.34%), Vitamin B6: 0.32mg (15.76%), Vitamin B2: 0.26mg (15.05%), Vitamin B1: 0.21mg (13.84%), Iron: 2.45mg (13.63%), Potassium: 469.43mg (13.41%), Zinc: 1.69mg (11.27%), Vitamin C: 6.03mg (7.31%), Vitamin B3: 1.24mg (6.19%), Calcium: 60.78mg (6.08%), Selenium: 4.21µg (6.01%), Vitamin K: 5.68µg (5.41%), Vitamin B5: 0.5mg (5%)