



 **100%**
HEALTH SCORE

Herbed Quinoa

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



23 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

Ingredients

- 0.8 cup basil leaves fresh chopped
- 0.3 cup parsley leaves fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup juice of lemon fresh
- 2 teaspoons lemon zest
- 2.8 cups chicken stock see low-sodium
- 0.3 cup olive oil extra-virgin

1.5 cups quinoa

Equipment

bowl

frying pan

sauce pan

Directions

Watch how to make this recipe.

For the quinoa: In a medium saucepan, add the chicken stock, lemon juice and quinoa. Bring to a boil over medium-high heat. Reduce the heat to a simmer, cover the pan and cook until all the liquid is absorbed, about 12 to 15 minutes.

For the dressing: In a small bowl, mix together the olive oil, lemon juice, basil, parsley, thyme, and lemon zest. Season with salt and pepper, to taste.

Pour the dressing over the quinoa and toss until all the ingredients are coated.

Transfer the quinoa to a bowl. Season with salt and pepper, to taste, and serve.

Nutrition Facts



PROTEIN 12.78% **FAT 41.92%** **CARBS 45.3%**

Properties

Glycemic Index:44.75, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:21.662608592407%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 388.13kcal (19.41%), Fat: 18.47g (28.42%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 44.91g (14.97%), Net Carbohydrates: 39.83g (14.48%), Sugar: 0.68g (0.76%), Cholesterol: 0mg (0%), Sodium: 54.8mg (2.38%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.35%), Vitamin K: 88.47µg (84.25%), Manganese: 1.4mg (69.92%), Phosphorus: 348.06mg (34.81%), Magnesium: 136mg (34%), Folate: 130.04µg (32.51%), Copper: 0.5mg (24.81%), Vitamin E: 3.59mg (23.93%), Iron: 4.04mg (22.45%), Fiber: 5.08g (20.32%), Vitamin C: 15.79mg (19.14%), Vitamin B6: 0.35mg (17.61%), Vitamin B3: 3.33mg (16.66%), Potassium: 561.93mg (16.06%), Vitamin B1: 0.24mg (15.96%), Vitamin B2: 0.27mg (15.88%), Zinc: 2.26mg (15.05%), Vitamin A: 647.3IU (12.95%), Selenium: 5.46µg (7.8%), Calcium: 59.51mg (5.95%), Vitamin B5: 0.55mg (5.48%), Vitamin B12: 0.16µg (2.7%)