



HEALTH SCORE

68%

Herby apricot quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**25 min.**

SERVINGS

**4**

CALORIES

**370 kcal**

SIDE DISH

Ingredients

- ☐ 200 g quinoa
- ☐ 8 apricot dried
- ☐ 1 lemon zest
- ☐ 2 tbsp olive oil
- ☐ 1 large handful parsley roughly chopped
- ☐ 50 g pinenuts toasted

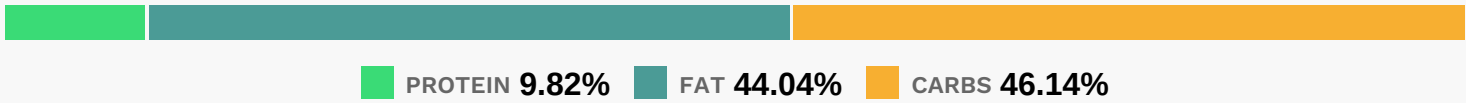
Equipment

- ☐ bowl

Directions

- ☐ Cook quinoa following the pack instructions, then drain if there is any excess liquid. Meanwhile, pour some boiling water over the apricots in a bowl to plump them up.
- ☐ Tip the cooked quinoa into a bowl and stir in the lemon zest, juice and olive oil with some seasoning.
- ☐ Drain the apricots, roughly chop, and stir into the quinoa along with the herbs. Scatter with pine nuts and serve.

Nutrition Facts



Properties

Glycemic Index:16.35, Glycemic Load:2.96, Inflammation Score:-8, Nutrition Score:18.516521754472%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 369.63kcal (18.48%), Fat: 18.68g (28.74%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 38.71g (14.08%), Sugar: 9.06g (10.07%), Cholesterol: 0mg (0%), Sodium: 5.14mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.73%), Manganese: 2.16mg (107.8%), Magnesium: 135.72mg (33.93%), Phosphorus: 312.49mg (31.25%), Vitamin E: 4.1mg (27.32%), Vitamin K: 27.85µg (26.52%), Copper: 0.52mg (25.89%), Folate: 99.57µg (24.89%), Fiber: 5.32g (21.29%), Iron: 3.52mg (19.53%), Zinc: 2.43mg (16.22%), Potassium: 549.73mg (15.71%), Vitamin B1: 0.23mg (15.31%), Vitamin B6: 0.28mg (14.08%), Vitamin A: 672.26IU (13.45%), Vitamin B2: 0.2mg (11.85%), Vitamin B3: 1.74mg (8.71%), Selenium: 4.7µg (6.72%), Vitamin B5: 0.52mg (5.16%), Vitamin C: 3.53mg (4.27%), Calcium: 37.76mg (3.78%)