



HEALTH SCORE

78%

Italian Vegetable Quinoa Bowls



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 can navy beans drained
- ☐ 1 lb canned tomatoes diced whole crushed
- ☐ 1 pinch ground pepper (adds spice)
- ☐ 0.5 lb eggplant cubed , skin on
- ☐ 1 tbsp olive oil extra virgin
- ☐ 0.3 cup basil fresh divided chopped
- ☐ 4 cloves garlic minced
- ☐ 2 tbsp juice of lemon fresh

- ☐ 1 medium onion diced
- ☐ 0.5 tsp oregano
- ☐ 1 cup quinoa
- ☐ 4 servings salt and pepper
- ☐ 0.5 lb zucchini sliced into rounds

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Italian Vegetable Quinoa Bowls
- ☐ Ingredients1/2 lb. eggplant, cubed, skin on1 lb. tomatoes, or 1 can (14–15 oz) whole, diced, or crushed tomatoes1 tbsp extra virgin olive oil1 medium onion, diced4 cloves garlic, minced1 cup quinoa1/2 lb. zucchini, sliced into rounds1 can cannellini or navy beans, drained1/2 tsp oregano
- ☐ Pinch of cayenne pepper (adds spice)1/3 cup fresh chopped basil, divided2 tbsp fresh lemon juice
- ☐ Salt and pepper
- ☐ Chopped basil or flat leaf parsley for garnish (optional)Grated parmesan or mozzarella cheese for garnish (optional)You will also need
- ☐ Blender or food processor, skillet or saute pan with lid, mesh strainer or sieve, saucepan
- ☐ Prep Time: 20 Minutes
- ☐ Cook Time: 40 Minutes
- ☐ Total Time: 1 Hour

☐ Servings: 4

☐ Kosher Key: Pareve or Dairy

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:3.86, Inflammation Score:-9, Nutrition Score:28.186086944912%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 385.76kcal (19.29%), Fat: 7.22g (11.12%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 66.66g (22.22%), Net Carbohydrates: 53.16g (19.33%), Sugar: 10.11g (11.23%), Cholesterol: 0mg (0%), Sodium: 829.17mg (36.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.42%), Manganese: 1.82mg (91.18%), Fiber: 13.5g (54.01%), Folate: 193.63µg (48.41%), Magnesium: 180.37mg (45.09%), Phosphorus: 422.73mg (42.27%), Copper: 0.79mg (39.28%), Vitamin B6: 0.71mg (35.31%), Potassium: 1224.58mg (34.99%), Vitamin C: 28.83mg (34.95%), Iron: 6.01mg (33.37%), Vitamin B1: 0.46mg (30.47%), Vitamin E: 4.11mg (27.39%), Vitamin K: 25.5µg (24.29%), Vitamin B2: 0.34mg (20.1%), Zinc: 2.82mg (18.82%), Vitamin B3: 3.26mg (16.32%), Selenium: 11.33µg (16.18%), Calcium: 142.17mg (14.22%), Vitamin B5: 1.17mg (11.69%), Vitamin A: 497.19IU (9.94%)