



HEALTH SCORE

75%

Kale and Quinoa with Creole Seasoning



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 1 cup chicken broth
- ☐ 0.5 teaspoon creole seasoning (such as Tony Chachere's®)
- ☐ 1 bunch destemmed lacinato/dinosaur kale sliced (dinosaur)
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup quinoa rinsed drained
- ☐ 1 teaspoon salt
- ☐ 1 large shallots minced
- ☐ 2 quarts water

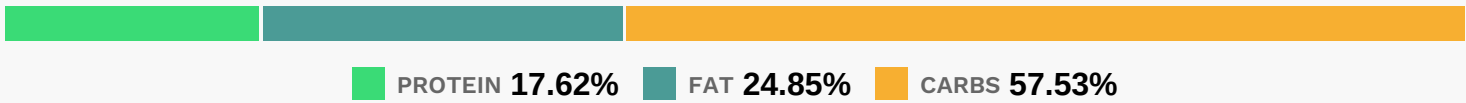
Equipment

☐ sauce pan

Directions

- ☐ Bring chicken broth to a boil in a saucepan; stir in quinoa. Cover and reduce heat to low. Simmer until quinoa is tender and liquid is absorbed, about 10 minutes.
- ☐ Bring water to a boil in a large saucepan; cook kale in boiling water until just tender, 2 to 3 minutes.
- ☐ Drain.
- ☐ Heat olive oil in the same saucepan over medium heat; cook and stir shallot until softened, about 5 minutes.
- ☐ Add kale, cooking and stirring, until desired doneness.
- ☐ Mix quinoa into vegetable mixture and season with salt and Creole seasoning.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:22.673478477027%

Flavonoids

Isorhamnetin: 15.93mg, Isorhamnetin: 15.93mg, Isorhamnetin: 15.93mg, Isorhamnetin: 15.93mg Kaempferol: 31.59mg, Kaempferol: 31.59mg, Kaempferol: 31.59mg, Kaempferol: 31.59mg Quercetin: 15.24mg, Quercetin: 15.24mg, Quercetin: 15.24mg

Nutrients (% of daily need)

Calories: 119.49kcal (5.97%), Fat: 3.47g (5.34%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 13.54g (4.93%), Sugar: 1.31g (1.46%), Cholesterol: 1.17mg (0.39%), Sodium: 860.67mg (37.42%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.53g (11.07%), Vitamin K: 264.1µg (251.53%), Vitamin A: 6851.68IU (137.03%), Vitamin C: 63.74mg (77.26%), Manganese: 0.93mg (46.43%), Folate: 83.34µg (20.83%), Calcium: 201.04mg (20.1%), Vitamin B2: 0.34mg (20%), Fiber: 4.52g (18.09%), Magnesium: 71.16mg (17.79%), Phosphorus: 141.07mg (14.11%), Copper: 0.25mg (12.63%), Iron: 2.2mg (12.21%), Vitamin B6: 0.23mg (11.52%), Vitamin B1: 0.17mg (11.31%), Potassium: 391.15mg (11.18%), Vitamin E: 1.21mg (8.06%), Zinc: 1.04mg (6.95%), Vitamin B3: 1.28mg (6.41%), Selenium: 2.75µg (3.92%), Vitamin B5: 0.25mg (2.49%)