



Lemon-Blueberry Quinoa Porridge



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 1.5 cups vanilla almond milk
- ☐ 8 tablespoons vanilla almond milk
- ☐ 4 tablespoons almonds toasted chopped
- ☐ 1 cup blueberries fresh
- ☐ 2 teaspoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons lemon zest loosely packed

- ☐ 2 teaspoons brown sugar light
- ☐ 1 cup quinoa uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

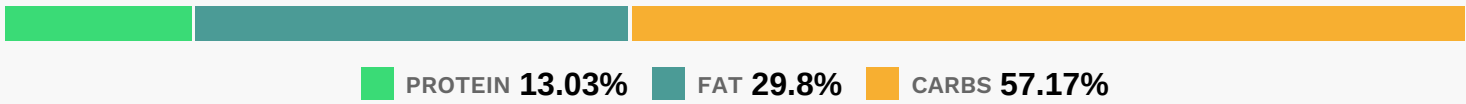
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Stir together 1 1/2 cups almond milk*, uncooked quinoa, water, granulated sugar, ground cinnamon, almond extract, and salt in a medium saucepan, and bring to a boil over medium heat. Cover, reduce heat to medium-low, and simmer 15 minutes or until liquid is absorbed. Spoon into 4 bowls; top each with 1/4 cup fresh blueberries, 1 Tbsp. chopped toasted almonds, 2 Tbsp. almond milk, 1/2 tsp. light brown sugar, and 1/2 tsp. loosely packed lemon zest.
- ☐ *Low-fat milk may be substituted.

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:3.28, Inflammation Score:-6, Nutrition Score:14.371304172537%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg

0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 270.54kcal (13.53%), Fat: 9.19g (14.14%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 33.94g (12.34%), Sugar: 8.29g (9.21%), Cholesterol: 0mg (0%), Sodium: 312.48mg (13.59%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 9.04g (18.08%), Manganese: 1.26mg (63.17%), Magnesium: 114.08mg (28.52%), Vitamin E: 3.82mg (25.44%), Phosphorus: 247.15mg (24.72%), Fiber: 5.72g (22.89%), Folate: 84.99µg (21.25%), Calcium: 205.04mg (20.5%), Copper: 0.39mg (19.38%), Vitamin B2: 0.27mg (15.65%), Iron: 2.46mg (13.68%), Vitamin B1: 0.19mg (12.53%), Vitamin B6: 0.24mg (12.15%), Zinc: 1.7mg (11.36%), Potassium: 347.21mg (9.92%), Vitamin K: 7.22µg (6.88%), Vitamin C: 4.89mg (5.93%), Selenium: 4.11µg (5.87%), Vitamin B3: 1.17mg (5.87%), Vitamin B5: 0.43mg (4.28%)