



WHATSheATE



Lemon-Scented Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients



2 teaspoons juice of lemon fresh



1 teaspoon lemon zest grated



1.5 tablespoons olive oil



1 cup quinoa

Equipment



bowl



pot



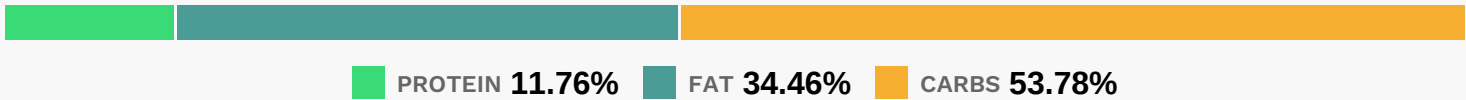
sieve

☐ kitchen towels

Directions

- ☐ Wash quinoa in 3 changes of cold water in a bowl, draining in a sieve each time.
- ☐ Cook quinoa in a medium pot of boiling salted water (1 tablespoon salt for 2 quarts water), uncovered, until almost tender, about 15 minutes.
- ☐ Drain in sieve, then set sieve over same pot above 1 inch of simmering water (water should not touch bottom of sieve). Cover quinoa with a folded kitchen towel, then cover sieve with a lid (don't worry if lid doesn't fit tightly) and steam over simmering water until tender, fluffy, and dry, about 10 minutes.
- ☐ Remove pot from heat and remove lid.
- ☐ Let stand, still covered with towel, 5 minutes.
- ☐ Transfer quinoa to a bowl and stir in oil, zest, lemon juice, and 1/4 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:9.3221740048865%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 203.6kcal (10.18%), Fat: 7.84g (12.06%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 27.52g (9.17%), Net Carbohydrates: 24.49g (8.9%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 2.29mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.03%), Manganese: 0.86mg (43.22%), Magnesium: 83.95mg (20.99%), Folate: 78.76µg (19.69%), Phosphorus: 194.49mg (19.45%), Copper: 0.25mg (12.58%), Fiber: 3.04g (12.14%), Vitamin E: 1.8mg (11.99%), Iron: 1.98mg (10.99%), Vitamin B6: 0.21mg (10.45%), Vitamin B1: 0.15mg (10.26%), Zinc: 1.32mg (8.8%), Vitamin B2: 0.14mg (8%), Potassium: 242.7mg (6.93%), Selenium: 3.62µg (5.17%), Vitamin B5: 0.33mg (3.33%), Vitamin B3: 0.65mg (3.25%), Vitamin K: 3.16µg (3.01%), Calcium: 20.85mg (2.08%), Vitamin C: 1.61mg (1.95%)