



Lemon-Snap Pea Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 cup quinoa red
- ☐ 1 cup sugar snap peas halved
- ☐ 1.7 cups water

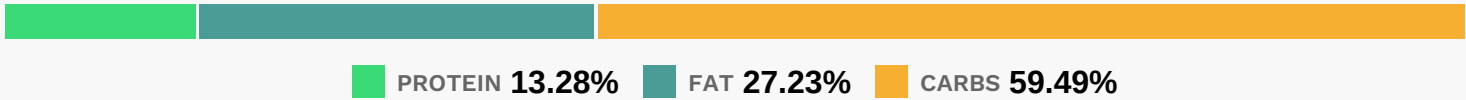
Equipment

☐ sauce pan

Directions

- ☐ Bring 1 2/3 cups water and quinoa to a boil in a medium saucepan. Reduce heat to low, and simmer 12 minutes or until quinoa is tender; drain.
- ☐ Add sugar snap peas, lemon juice, olive oil, chopped fresh thyme, kosher salt, and freshly ground black pepper, stirring to combine.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.04, Inflammation Score:-8, Nutrition Score:12.237391264542%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 201.8kcal (10.09%), Fat: 6.18g (9.5%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 26.61g (9.68%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 153.67mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Manganese: 0.95mg (47.53%), Vitamin C: 21.4mg (25.94%), Magnesium: 92.52mg (23.13%), Folate: 91.79µg (22.95%), Phosphorus: 209.16mg (20.92%), Fiber: 3.76g (15.04%), Copper: 0.29mg (14.64%), Iron: 2.58mg (14.36%), Vitamin B1: 0.19mg (12.92%), Vitamin B6: 0.26mg (12.76%), Vitamin E: 1.66mg (11.07%), Zinc: 1.41mg (9.41%), Vitamin B2: 0.16mg (9.39%), Potassium: 308.75mg (8.82%), Vitamin K: 8.44µg (8.03%), Vitamin A: 297.62IU (5.95%), Selenium: 3.81µg (5.44%), Vitamin B5: 0.54mg (5.36%), Vitamin B3: 0.82mg (4.09%), Calcium: 37.09mg (3.71%)