



73%
HEALTH SCORE

Lemony Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



25 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon cayenne pepper
- 2 stalks celery chopped
- 1 bunch parsley fresh chopped
- 0.5 teaspoon ground cumin
- 0.3 cup juice of lemon fresh
- 0.3 cup pinenuts
- 1 cup quinoa
- 0.3 onion red chopped

6 servings sea salt to taste

2 cups water

Equipment

bowl

frying pan

sauce pan

Directions

Toast the pine nuts briefly in a dry skillet over medium heat. This will take about 5 minutes, and stir constantly as they will burn easily. Set aside to cool.

In a saucepan, combine the quinoa, water and salt. Bring to a boil, then reduce heat to medium and cook until quinoa is tender and water has been absorbed, about 10 minutes. Cool slightly, then fluff with a fork.

Transfer the quinoa to a serving bowl and stir in the pine nuts, lemon juice, celery, onion, cayenne pepper, cumin and parsley. Adjust salt and pepper if needed before serving.

Nutrition Facts



PROTEIN 13.39% **FAT 32.84%** **CARBS 53.77%**

Properties

Glycemic Index:21.33, Glycemic Load:0.26, Inflammation Score:-8, Nutrition Score:15.524782533231%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 20.85mg, Apigenin: 20.85mg, Apigenin: 20.85mg, Apigenin: 20.85mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 152.37kcal (7.62%), Fat: 5.75g (8.84%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 18.3g (6.65%), Sugar: 0.92g (1.03%), Cholesterol: 0mg (0%), Sodium: 215.84mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin K: 162.83µg (155.08%), Manganese: 1.11mg (55.75%), Vitamin C: 17.44mg (21.14%), Magnesium: 78.75mg (19.69%), Folate: 76.29µg (19.07%), Vitamin A: 903.24IU (18.06%), Phosphorus: 173.76mg (17.38%), Copper: 0.28mg (13.91%), Iron: 2.36mg (13.1%), Fiber: 2.87g (11.47%), Vitamin B1: 0.14mg (9.29%), Zinc: 1.39mg (9.28%), Vitamin E: 1.37mg (9.13%), Vitamin B6: 0.17mg (8.73%), Potassium: 302.26mg (8.64%), Vitamin B2: 0.12mg (7.29%), Vitamin B3: 0.87mg (4.37%), Calcium: 38.49mg (3.85%), Selenium: 2.56µg (3.66%), Vitamin B5: 0.33mg (3.26%)