



 **54%**
HEALTH SCORE

Lemony Quinoa with Butternut Squash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



246 kcal

SIDE DISH

Ingredients

- 2 cups butternut squash
- 1 teaspoon thyme dried
- 1 teaspoon chives fresh minced
- 4 cloves garlic minced
- 1 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 0.7 ounce pinenuts lightly toasted
- 1 cup quinoa

- 4 servings salt and pepper freshly ground to taste
- 0.3 cup shallots chopped
- 2.5 cups vegetable stock

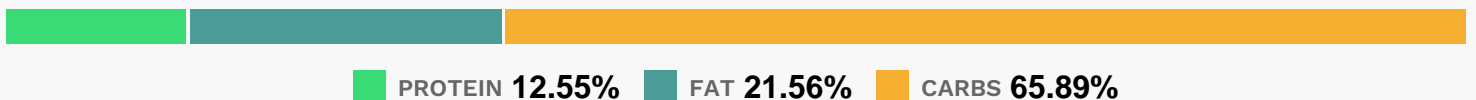
Equipment

- baking sheet
- oven
- pot
- sieve

Directions

- Cut the squash in half and scrape out the seeds and strings (using a grapefruit spoon makes this easier). Peel and cut into 1/2-inch cubes and toss with the 1 teaspoon of lemon juice.
- Place them on a non-stick baking sheet (or silicone mat), sprinkle with a little salt and pepper, and bake for 15 minutes, stirring halfway through.
- Place the quinoa in a fine-mesh strainer and rinse it well and allow to drain.
- Heat a deep, non-stick pot.
- Add shallots and garlic and cook, stirring, until shallots soften slightly.
- Add the quinoa and toast it until it has dried out and begins to exude a toasty aroma.
- Add the squash along with the thyme and vegetable broth. Reduce the heat to low and cover. Cook, stirring once or twice, until all broth is absorbed, about 20 minutes. Stir in the lemon peel and 1 tablespoon of lemon juice. Season to taste with salt and pepper, and add more lemon juice if needed.
- Serve with toasted pine nuts and chives sprinkled on top.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:20.646956588911%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 245.57kcal (12.28%), Fat: 6.1g (9.39%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 41.97g (13.99%), Net Carbohydrates: 36.71g (13.35%), Sugar: 4.28g (4.76%), Cholesterol: 0mg (0%), Sodium: 788.81mg (34.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.99%), Vitamin A: 7782.95IU (155.66%), Manganese: 1.56mg (77.85%), Magnesium: 124.79mg (31.2%), Folate: 105.67µg (26.42%), Phosphorus: 260.32mg (26.03%), Vitamin C: 19.23mg (23.3%), Fiber: 5.26g (21.03%), Vitamin B6: 0.41mg (20.6%), Copper: 0.39mg (19.62%), Iron: 3.26mg (18.09%), Vitamin B1: 0.26mg (17.24%), Vitamin E: 2.54mg (16.95%), Potassium: 584.19mg (16.69%), Zinc: 1.86mg (12.38%), Vitamin B2: 0.17mg (9.94%), Vitamin B3: 1.77mg (8.87%), Vitamin K: 8.43µg (8.03%), Calcium: 71.24mg (7.12%), Vitamin B5: 0.69mg (6.92%), Selenium: 4.62µg (6.6%)