



Malaysian Quinoa (Vegetarian)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 bird's eye chile minced seeded
- ☐ 1 teaspoon cilantro leaves chopped
- ☐ 1 tablespoon cream of coconut canned
- ☐ 0.5 green onion diced
- ☐ 1 tablespoon peanut butter
- ☐ 0.5 cup quinoa uncooked
- ☐ 2 servings salt and pepper to taste
- ☐ 0.5 cup soy chunks dried (textured vegetable protein)

☐ 1.5 cups water divided

Equipment

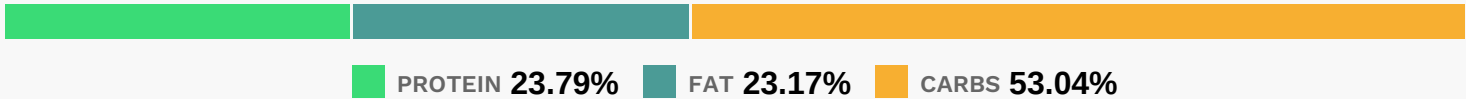
☐ bowl

☐ pot

Directions

- ☐ Boil 1/2 cup water, and pour into a bowl.
- ☐ Mix in soy chunks. Blend in peanut butter, cream of coconut, chile, green onion, and cilantro. Keep warm while the quinoa cooks.
- ☐ Bring quinoa and remaining 1 cup water to a boil in a pot. Reduce heat to low, cover, and simmer 15 minutes, until quinoa is fluffy. Stir in the soy chunks and peanut butter sauce, and season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:12.713043459084%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 321.21kcal (16.06%), Fat: 8.26g (12.71%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 42.53g (14.18%), Net Carbohydrates: 35.03g (12.74%), Sugar: 10.08g (11.2%), Cholesterol: 0mg (0%), Sodium: 246.33mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.16%), Manganese: 0.99mg (49.43%), Fiber: 7.5g (30%), Iron: 4.64mg (25.79%), Magnesium: 99.82mg (24.96%), Phosphorus: 222.82mg (22.28%), Folate: 87.2µg (21.8%), Copper: 0.32mg (15.84%), Vitamin B6: 0.25mg (12.32%), Vitamin E: 1.79mg (11.92%), Vitamin B1: 0.17mg (11.09%), Calcium: 106.07mg (10.61%), Zinc: 1.55mg (10.35%), Vitamin B2: 0.15mg (9.03%), Vitamin B3: 1.73mg (8.67%), Potassium: 295.53mg (8.44%), Vitamin K: 6.5µg (6.19%), Selenium: 3.96µg (5.66%), Vitamin B5: 0.42mg (4.16%), Vitamin C: 2.4mg (2.9%)