

Mediterranean Breakfast Quinoa

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



351 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup almonds raw chopped
- 2 dates dried pitted finely chopped
- 5 apricot dried finely chopped
- 1 teaspoon ground cinnamon
- 2 tablespoons honey
- 2 cups milk
- 1 cup quinoa
- 1 teaspoon sea salt

1 teaspoon vanilla extract

Equipment

frying pan

sauce pan

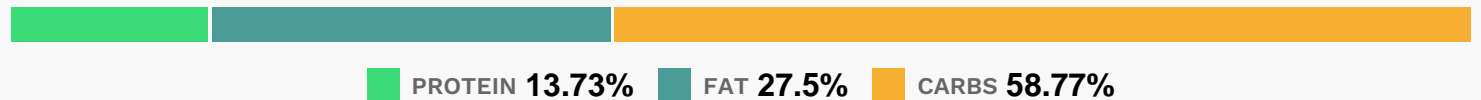
Directions

Toast the almonds in a skillet over medium heat until just golden, 3 to 5 minutes; set aside.

Heat the cinnamon and quinoa together in a saucepan over medium heat until warmed through.

Add the milk and sea salt to the saucepan and stir; bring the mixture to a boil, reduce heat to low, place a cover on the saucepan, and allow to cook at a simmer for 15 minutes. Stir the vanilla, honey, dates, apricots, and about half the almonds into the quinoa mixture. Top with the remaining almonds to serve.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:9.83, Inflammation Score:-7, Nutrition Score:17.398695389862%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 351.35kcal (17.57%), Fat: 11.02g (16.95%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 52.96g (17.65%), Net Carbohydrates: 47.57g (17.3%), Sugar: 22.57g (25.08%), Cholesterol: 14.64mg (4.88%), Sodium: 631.57mg (27.46%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 12.37g (24.75%), Manganese: 1.21mg (60.27%), Phosphorus: 370.5mg (37.05%), Magnesium: 127.85mg (31.96%), Vitamin E: 3.83mg (25.55%), Vitamin B2: 0.42mg

(24.72%), Fiber: 5.39g (21.55%), Folate: 84.04µg (21.01%), Calcium: 207.05mg (20.71%), Copper: 0.39mg (19.61%), Potassium: 635.96mg (18.17%), Vitamin B1: 0.24mg (16.21%), Vitamin B6: 0.32mg (15.86%), Iron: 2.67mg (14.82%), Zinc: 2.18mg (14.54%), Vitamin A: 565.9IU (11.32%), Vitamin B12: 0.66µg (10.98%), Selenium: 6.72µg (9.6%), Vitamin B5: 0.91mg (9.07%), Vitamin D: 1.34µg (8.95%), Vitamin B3: 1.42mg (7.12%)