



Mexican Quinoa

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

Ingredients

- 10 ounce canned tomatoes diced with green chile peppers (such as ro*tel®) canned
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 2 cups chicken broth low-sodium
- 1 tablespoon olive oil
- 1 small onion chopped
- 1 cup quinoa rinsed
- 1 envelope taco seasoning

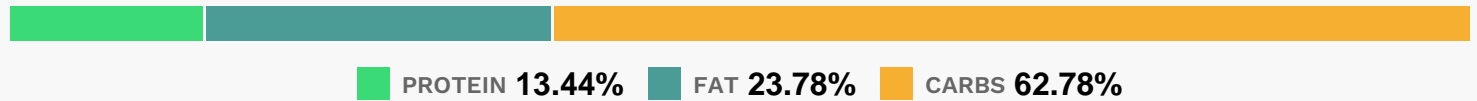
Equipment

- frying pan

Directions

- Heat olive oil in a large skillet over medium heat; cook and stir quinoa and onion in the hot oil until onion is translucent, about 5 minutes.
- Add garlic and jalapeno pepper to quinoa mixture and cook until garlic is fragrant and slightly softened, 1 or 2 more minutes.
- Mix undrained can of diced tomatoes with green chiles, taco seasoning mix, and chicken broth into quinoa mixture. Bring to a boil, reduce heat to medium-low, and simmer until liquid has been absorbed, 15 to 20 minutes. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:13.2821737787%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 251.27kcal (12.56%), Fat: 6.82g (10.49%), Saturated Fat: 1g (6.27%), Carbohydrates: 40.5g (13.5%), Net Carbohydrates: 33.19g (12.07%), Sugar: 4.92g (5.47%), Cholesterol: 0mg (0%), Sodium: 980.97mg (42.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Manganese: 0.92mg (45.8%), Fiber: 7.32g (29.26%), Phosphorus: 237.48mg (23.75%), Magnesium: 87.29mg (21.82%), Folate: 82.19µg (20.55%), Vitamin A: 894.75IU (17.9%), Vitamin C: 14.48mg (17.55%), Copper: 0.32mg (16.22%), Iron: 2.88mg (16%), Vitamin B6: 0.26mg (12.99%), Vitamin B3: 2.3mg (11.52%), Vitamin B1: 0.16mg (10.98%), Potassium: 377.57mg (10.79%), Vitamin B2: 0.18mg (10.5%), Vitamin E: 1.57mg (10.47%), Zinc: 1.49mg (9.92%), Selenium: 3.92µg (5.6%), Vitamin K: 5.3µg (5.05%), Vitamin B5: 0.36mg (3.64%), Calcium: 32.14mg (3.21%), Vitamin B12: 0.12µg (1.97%)