



Mexican Quinoa



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



252 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
- ☐ 1 jalapeno seeded chopped
- ☐ 2 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped
- ☐ 1 cup quinoa rinsed

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1 envelope taco seasoning

Equipment

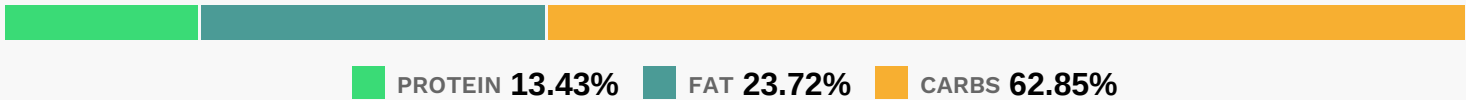
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frying pan

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:30.25, Glycemic Load:0.54, Inflammation Score:-8, Nutrition Score:13.719999997512%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 252.29kcal (12.61%), Fat: 6.83g (10.51%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 33.32g (12.12%), Sugar: 5.06g (5.63%), Cholesterol: 0mg (0%), Sodium: 981.07mg (42.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.4%), Manganese: 0.92mg (45.97%), Fiber: 7.41g (29.66%), Phosphorus: 238.38mg (23.84%), Vitamin C: 18.63mg (22.58%), Magnesium: 87.82mg (21.95%), Folate: 83.14µg (20.78%), Vitamin A: 932.48IU (18.65%), Copper: 0.33mg (16.31%), Iron: 2.89mg (16.05%), Vitamin B6: 0.27mg (13.73%), Vitamin B3: 2.35mg (11.75%), Vitamin E: 1.7mg (11.31%), Vitamin B1: 0.17mg (11.07%), Potassium: 386.24mg (11.04%), Vitamin B2: 0.18mg (10.65%), Zinc: 1.49mg (9.95%), Vitamin K: 5.95µg (5.67%), Selenium: 3.94µg (5.62%), Vitamin B5: 0.38mg (3.75%), Calcium: 32.56mg (3.26%), Vitamin B12: 0.12µg (1.97%)