



Mexican Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chipotle chili powder
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 tablespoon corn oil
- ☐ 1 teaspoon cumin toasted
- ☐ 1 clove garlic chopped
- ☐ 0.5 cup onion diced
- ☐ 0.5 teaspoon oregano
- ☐ 1 cup quinoa rinsed

- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup tomato or diced
- ☐ 1.5 cups vegetable broth

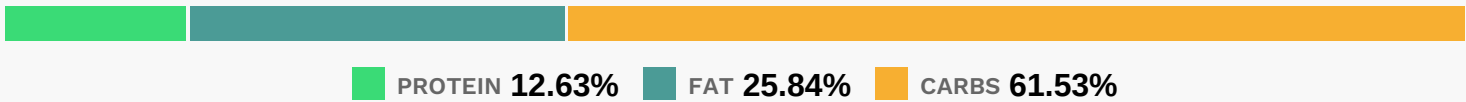
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions and saute until tender, about 5–7 minutes.
- ☐ Add the garlic, cumin and chili powder and saute until fragrant about a minute.
- ☐ Add the quinoa, broth, tomato, oregano, salt and pepper and bring to a boil.Reduce the heat, cover, and simmer until the the quinoa is tender and liquid has been absorbed, about 15 minutes.
- ☐ Remove from heat and let sit for 5 minutes.
- ☐ Serve garnished with cilantro.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:12.830434674802%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 217.49kcal (10.87%), Fat: 6.37g (9.8%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 29.82g (10.84%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 568.08mg (24.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Manganese: 1mg (50.01%), Magnesium: 96.96mg (24.24%), Phosphorus: 219.12mg (21.91%), Folate: 87.03µg (21.76%), Copper: 0.37mg (18.41%), Iron: 3.11mg (17.28%), Fiber: 4.31g (17.25%), Vitamin E: 2.48mg (16.56%), Vitamin B6: 0.3mg (14.91%), Potassium: 442.35mg (12.64%),

Vitamin B1: 0.18mg (11.83%), Vitamin A: 587.48IU (11.75%), Vitamin B2: 0.18mg (10.4%), Zinc: 1.54mg (10.24%),
Vitamin K: 7.89µg (7.52%), Vitamin C: 5.5mg (6.67%), Vitamin B3: 1.26mg (6.29%), Selenium: 4.2µg (6%), Vitamin
B5: 0.51mg (5.14%), Calcium: 42.92mg (4.29%)