



Mushroom-Quinoa Pilaf

 Gluten Free

READY IN



43 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup chicken broth fat-free reduced-sodium
- 0.5 lb mushrooms fresh chopped
- 2 Tbsp parsley fresh chopped
- 1 onion finely chopped
- 2 Tbsp parmesan cheese grated kraft
- 1 cup quinoa rinsed
- 0.3 cup tuscan house dressing italian kraft

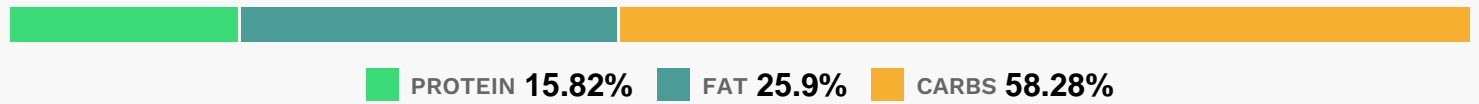
Equipment

sauce pan

Directions

- Heat dressing in large saucepan on medium-high heat.
- Add mushrooms and onions; cook and stir 5 min. or until onions are crisp-tender.
- Stir in broth; bring to boil.
- Add quinoa; stir. Return to boil; cover. Simmer on low heat 16 to 18 min. or until liquid is absorbed and quinoa is tender.
- Remove from heat; fluff with fork.
- Let stand, covered, 5 min.
- Stir in cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:8.0034782122011%

Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 114.3kcal (5.72%), Fat: 3.36g (5.16%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 14.95g (5.44%), Sugar: 1.99g (2.21%), Cholesterol: 1.09mg (0.36%), Sodium: 214.41mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Manganese: 0.47mg (23.55%), Vitamin K: 19.77µg (18.83%), Phosphorus: 138.18mg (13.82%), Folate: 48.33µg (12.08%), Magnesium: 47.35mg (11.84%), Vitamin B2: 0.2mg (11.56%), Copper: 0.23mg (11.48%), Selenium: 5.72µg (8.17%), Fiber: 2.04g (8.14%), Vitamin B6: 0.16mg (8%), Vitamin B3: 1.54mg (7.72%), Vitamin B1: 0.11mg (7.36%), Potassium: 252.11mg (7.2%), Iron: 1.27mg (7.03%), Vitamin B5: 0.65mg (6.47%), Zinc: 0.9mg (6.03%), Vitamin E: 0.7mg (4.66%), Vitamin C: 2.91mg (3.52%), Calcium: 28.45mg (2.85%), Vitamin A: 96.73IU (1.93%), Vitamin B12: 0.09µg (1.42%)