



Nutty Almond-Sesame Red Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds toasted sliced
- 2 teaspoons sesame oil dark
- 3 spring onion thinly sliced
- 0.3 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 2 teaspoons olive oil
- 1 cup quinoa red
- 1.7 cups water

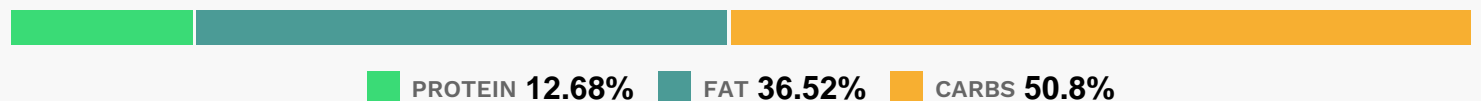
Equipment

- bowl
- sauce pan

Directions

- Bring 1 2/3 cups water and quinoa to a boil in a medium saucepan. Reduce heat to low, and simmer 12 minutes or until quinoa is tender; drain. Stir in almonds, juice, oils, salt, and onions.
- Balsamic and Grape Quinoa: Prepare quinoa as directed in main recipe; drain.
- Place quinoa in a bowl.
- Add 2 tablespoons chopped fresh flat-leaf parsley, 1 tablespoon white balsamic vinegar, 2 teaspoons extra-virgin olive oil, 1/4 teaspoon kosher salt, and 20 halved seedless red grapes, stirring to combine.
- Serves 4 (serving size: about 3/4 cup) CALORIES 201; FAT 8g (sat 3g); SODIUM 133mg
- Lemon-Snap Pea Quinoa: Prepare quinoa as directed in main recipe; drain.
- Add 1 cup diagonally halved sugar snap peas, 1/4 cup fresh lemon juice, 1 tablespoon extra-virgin olive oil, 1 teaspoon chopped fresh thyme, 1/4 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper, stirring to combine.
- Serves 4 (serving size: about 2/3 cup) CALORIES 201; FAT 6g (sat 5g); SODIUM 131mg
- Bean Salad Quinoa: Prepare quinoa as directed in main recipe; drain.
- Add 1/4 cup minced red onion; 4 teaspoons red wine vinegar; 1 tablespoon extra-virgin olive oil; 1/4 teaspoon kosher salt; 1 (15-ounce) can unsalted cannellini beans, rinsed and drained; and 2 diced plum tomatoes, stirring to combine.
- Serves 4 (serving size: about 1 cup) CALORIES 243; FAT 4g (sat 5g); SODIUM 150mg

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:12.373043438663%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 229.58kcal (11.48%), Fat: 9.48g (14.59%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 25.74g (9.36%), Sugar: 0.65g (0.72%), Cholesterol: 0mg (0%), Sodium: 154.01mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.82%), Manganese: 1.01mg (50.55%), Magnesium: 102.49mg (25.62%), Phosphorus: 225.81mg (22.58%), Folate: 87.99µg (22%), Vitamin E: 2.89mg (19.24%), Vitamin K: 20.11µg (19.15%), Copper: 0.33mg (16.73%), Fiber: 3.95g (15.8%), Iron: 2.31mg (12.82%), Vitamin B2: 0.21mg (12.3%), Vitamin B1: 0.17mg (11.44%), Vitamin B6: 0.22mg (11.19%), Zinc: 1.55mg (10.31%), Potassium: 314.04mg (8.97%), Selenium: 3.91µg (5.59%), Vitamin C: 4.59mg (5.57%), Calcium: 45.44mg (4.54%), Vitamin B3: 0.91mg (4.54%), Vitamin B5: 0.37mg (3.72%), Vitamin A: 96.19IU (1.92%)