



Onion and Mushroom Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

Ingredients

- 1 teaspoon soybean oil
- 0.7 cup carrots shredded
- 2.5 ounces mushrooms fresh sliced
- 0.5 cup bell pepper green chopped
- 1 small onion sliced cut into fourths and
- 1 cup quinoa uncooked
- 0.3 teaspoon salt
- 14 ounces vegetable stock fat-free canned

Equipment

sauce pan

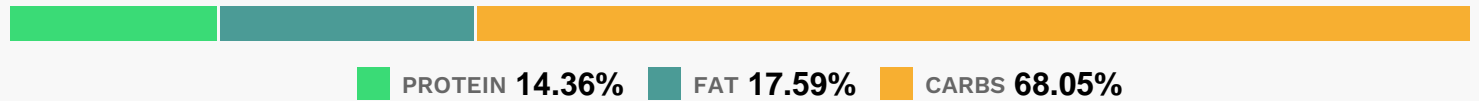
Directions

Heat oil in 2-quart saucepan over medium heat. Cook quinoa and onion in oil 4 to 5 minutes, stirring occasionally, until light brown.

Stir in remaining ingredients.

Heat to boiling; reduce heat to low. Cover and simmer about 15 minutes or until liquid is absorbed. Fluff with fork.

Nutrition Facts



Properties

Glycemic Index:40.21, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:15.947391524587%

Flavonoids

Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 194.68kcal (9.73%), Fat: 3.87g (5.95%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 33.66g (11.22%), Net Carbohydrates: 29.29g (10.65%), Sugar: 3.39g (3.77%), Cholesterol: 0mg (0%), Sodium: 561.23mg (24.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.2%), Vitamin A: 3850.51IU (77.01%), Manganese: 0.95mg (47.43%), Magnesium: 91.5mg (22.87%), Folate: 90.45µg (22.61%), Phosphorus: 225.73mg (22.57%), Vitamin C: 17.9mg (21.7%), Fiber: 4.36g (17.45%), Copper: 0.34mg (16.8%), Vitamin B6: 0.32mg (15.88%), Vitamin B2: 0.23mg (13.45%), Vitamin B1: 0.2mg (13.34%), Iron: 2.2mg (12.2%), Potassium: 422.06mg (12.06%), Zinc: 1.52mg (10.1%), Vitamin E: 1.34mg (8.96%), Vitamin B3: 1.61mg (8.03%), Selenium: 5.37µg (7.67%), Vitamin B5: 0.69mg (6.92%), Vitamin K: 6.33µg (6.03%), Calcium: 33.52mg (3.35%)