



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
- ☐ 1 cup quinoa uncooked
- ☐ 1 small onion sliced cut into fourths and
- ☐ 0.7 cup carrots shredded
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2.5 ounces mushrooms fresh sliced
- ☐ 1 teaspoon thyme leaves dried fresh chopped
- ☐ 0.3 teaspoon salt

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14 ounces vegetable stock fat-free canned

Equipment

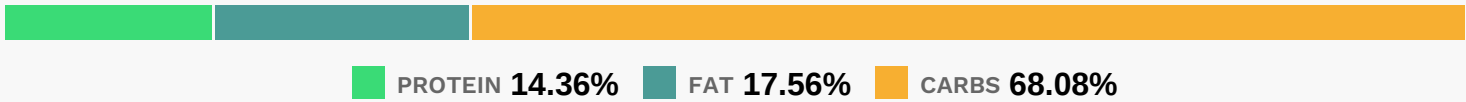
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sauce pan

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:51.46, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:16.110869411865%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg 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: 195.18kcal (9.76%), Fat: 3.87g (5.96%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 29.35g (10.67%), Sugar: 3.39g (3.77%), Cholesterol: 0mg (0%), Sodium: 561.27mg (24.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.25%), Vitamin A: 3874.26IU (77.49%), Manganese: 0.96mg (47.86%), Magnesium: 92.3mg (23.07%), Folate: 90.68µg (22.67%), Vitamin C: 18.7mg (22.67%), Phosphorus: 226.26mg (22.63%), Fiber: 4.43g (17.73%), Copper: 0.34mg (16.93%), Vitamin B6: 0.32mg (15.97%), Vitamin B2: 0.23mg (13.59%), Vitamin B1: 0.2mg (13.36%), Iron: 2.28mg (12.69%), Potassium: 425.11mg (12.15%), Zinc: 1.52mg (10.16%), Vitamin E: 1.34mg (8.96%), Vitamin B3: 1.61mg (8.07%), Selenium: 5.37µg (7.67%), Vitamin B5: 0.69mg (6.94%), Vitamin K: 6.33µg (6.03%), Calcium: 35.55mg (3.55%)