



Pesto Quinoa



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



198 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 2 tablespoons basil pesto
- ☐ 2 cups chicken broth
- ☐ 1 cup quinoa rinsed drained
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tomatoes diced

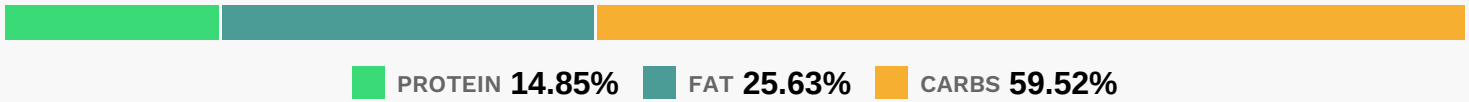
Equipment

- ☐ sauce pan

Directions

- ☐ Bring the quinoa and chicken broth to a boil in a saucepan; cover, reduce heat to low, and simmer until the moisture is completely absorbed, about 15 minutes.
- ☐ Remove from heat; stir the pesto through the quinoa. Fold the tomato into the mixture. Season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:10.884347858636%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 198.01kcal (9.9%), Fat: 5.66g (8.71%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 26.12g (9.5%), Sugar: 1.55g (1.73%), Cholesterol: 2.95mg (0.98%), Sodium: 703.5mg (30.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.77%), Manganese: 0.95mg (47.68%), Magnesium: 88.29mg (22.07%), Folate: 82.81µg (20.7%), Phosphorus: 206.3mg (20.63%), Copper: 0.29mg (14.33%), Fiber: 3.46g (13.86%), Vitamin B1: 0.19mg (12.6%), Vitamin B2: 0.21mg (12.37%), Iron: 2.15mg (11.96%), Vitamin B6: 0.23mg (11.58%), Zinc: 1.45mg (9.68%), Potassium: 333.34mg (9.52%), Vitamin E: 1.25mg (8.33%), Vitamin A: 415.65IU (8.31%), Selenium: 4.08µg (5.83%), Vitamin B3: 1.09mg (5.43%), Vitamin C: 4.21mg (5.11%), Calcium: 39.94mg (3.99%), Vitamin B5: 0.37mg (3.66%), Vitamin K: 2.43µg (2.31%)