

Picnic-Perfect Quinoa Pilaf with Fresh Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 stalk celery peeled finely chopped
- ☐ 2 tablespoons chives finely chopped
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.3 cup flat-leaf parsley finely chopped
- ☐ 0.5 Teaspoon granulated garlic powder
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup peas frozen thawed
- ☐ 1 cup quinoa

- ☐ 2 scallions white green thinly sliced
- ☐ 4 servings sea salt and pepper black to taste
- ☐ 1 tablespoon thyme leaves finely chopped
- ☐ 2 cups water

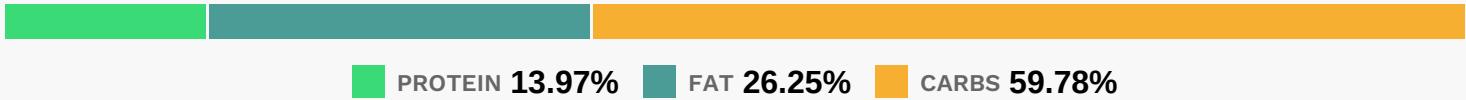
Equipment

- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Bring quinoa and water to boil in a medium pot over high heat. Reduce heat to low, cover, and cook until water is absorbed and quinoa is fluffy; about 12–15 minutes.
- ☐ Transfer quinoa to large mixing bowl and allow to cool for at least 15 minutes.
- ☐ Add the peas, parsley, chives, thyme, scallions, and celery to the quinoa. Stir to combine with a fork.
- ☐ Add the lemon juice, olive oil, granulated garlic, and salt and pepper to taste. Chill pilaf for at least one hour before serving. (Can be refrigerated for up to 8 hours.)

Nutrition Facts



Properties

Glycemic Index:58.83, Glycemic Load:0.98, Inflammation Score:-9, Nutrition Score:16.981738878333%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.41mg, Apigenin: 8.41mg, Apigenin: 8.41mg, Apigenin: 8.41mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 211.8kcal (10.59%), Fat: 6.27g (9.65%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 27.35g (9.95%), Sugar: 1.56g (1.73%), Cholesterol: 0mg (0%), Sodium: 214.37mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Vitamin K: 86.65µg (82.52%), Manganese: 1mg (50.25%), Folate: 107.16µg (26.79%), Magnesium: 99.24mg (24.81%), Vitamin C: 20.26mg (24.55%), Phosphorus: 225.47mg (22.55%), Fiber: 4.79g (19.15%), Copper: 0.33mg (16.55%), Iron: 2.93mg (16.27%), Vitamin B1: 0.22mg (14.35%), Vitamin A: 714.11IU (14.28%), Vitamin B6: 0.27mg (13.49%), Zinc: 1.69mg (11.24%), Vitamin E: 1.67mg (11.13%), Vitamin B2: 0.18mg (10.87%), Potassium: 374.21mg (10.69%), Vitamin B3: 1.19mg (5.94%), Selenium: 4.13µg (5.9%), Calcium: 50.92mg (5.09%), Vitamin B5: 0.42mg (4.16%)