



Pineapple and Shrimp Fried Quinoa



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bird eye chilies sliced
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 cup coconut milk
- ☐ 2 teaspoons curry powder
- ☐ 1 eggs lightly beaten for vegan (omit)
- ☐ 2 tablespoons fish sauce for vegetarian (or soy sauce)
- ☐ 1 tablespoon garlic finely chopped
- ☐ 1 tablespoon ginger grated

- ☐ 2 green onions sliced
- ☐ 0.5 juice of lime
- ☐ 1 tablespoon oil
- ☐ 0.3 cup peanuts
- ☐ 0.5 cup peas
- ☐ 1 cup pineapple cut into small pieces
- ☐ 1 cup quinoa rinsed well
- ☐ 0.3 cup raisins
- ☐ 0.5 bell pepper diced red
- ☐ 2 shallots diced
- ☐ 0.5 pound shrimp peeled for vegetarian (omit)
- ☐ 1 cup vegetable broth

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wok

Directions

- ☐ Bring the quinoa, coconut milk and broth to a boil in a medium saucepan, reduce the heat and simmer covered until the liquid is absorbed and the quinoa is tender, about 15–20 minutes.
- ☐ Heat the oil in a wok or large pan over medium high heat.
- ☐ Add the shrimp, garlic, ginger, chilies, pepper and pineapple and saute until the shrimp is almost cooked, about 3 minutes.
- ☐ Add the egg and cook, stirring for a minute.
- ☐ Add the quinoa, peas, raisins, peanuts, curry powder and fish sauce and cook for 5 minutes. Taste test and remove from heat mixing in the lime juice, green onions and cilantro.

Nutrition Facts



 **PROTEIN 19.02%**  **FAT 41.57%**  **CARBS 39.41%**

Properties

Glycemic Index:123.51, Glycemic Load:10.34, Inflammation Score:-9, Nutrition Score:27.69913052476%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 506.99kcal (25.35%), Fat: 24.4g (37.55%), Saturated Fat: 12.42g (77.61%), Carbohydrates: 52.07g (17.36%), Net Carbohydrates: 44.66g (16.24%), Sugar: 7.93g (8.81%), Cholesterol: 132.21mg (44.07%), Sodium: 1044.71mg (45.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.12g (50.24%), Manganese: 2.21mg (110.7%), Vitamin C: 55.09mg (66.78%), Phosphorus: 479.72mg (47.97%), Magnesium: 187.77mg (46.94%), Copper: 0.84mg (42%), Folate: 155.31µg (38.83%), Iron: 6.02mg (33.47%), Fiber: 7.41g (29.65%), Vitamin B6: 0.54mg (26.95%), Potassium: 921.31mg (26.32%), Vitamin K: 24.93µg (23.74%), Vitamin B1: 0.35mg (23.48%), Zinc: 3.23mg (21.54%), Vitamin A: 977.28IU (19.55%), Vitamin B3: 3.66mg (18.28%), Vitamin B2: 0.29mg (16.8%), Vitamin E: 2.34mg (15.6%), Selenium: 9.58µg (13.68%), Calcium: 118.7mg (11.87%), Vitamin B5: 0.98mg (9.81%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.22µg (1.47%)