



## Pineapple Fried Quinoa

 Vegetarian  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

### Ingredients

- 2 cups chicken broth
- 2 tablespoons chili oil
- 3 eggs
- 1 tablespoon cilantro leaves fresh chopped
- 5 cloves garlic minced pressed
- 1 bunch green onions
- 1 tablespoon vegetable oil; peanut oil preferred
- 0.8 cup pineapple diced

- 1 cup quinoa uncooked
- 0.5 teaspoon pepper flakes red to taste
- 0.3 cup soya sauce
- 1 cup water

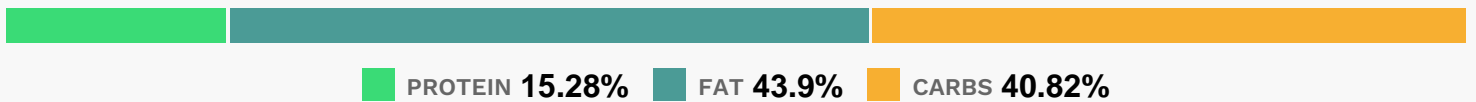
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Rinse quinoa until water runs clear. Bring the quinoa, chicken broth and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the liquid has been absorbed, about 15 to 20 minutes.
- Beat the eggs in a bowl.
- Heat a skillet over medium heat. Cook and stir eggs until scrambled.
- Remove eggs from the skillet and set aside.
- Heat peanut oil and chili oil over medium-low heat. Cook and stir garlic for 2 minutes, then stir in green onions to heat through. Stir in pineapple and cilantro, then add the cooked quinoa. Toss with scrambled eggs, soy sauce, and red pepper flakes until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:41.92, Glycemic Load:2.67, Inflammation Score:-6, Nutrition Score:17.672608707262%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

## Nutrients (% of daily need)

Calories: 335.86kcal (16.79%), Fat: 16.58g (25.51%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 30.84g (11.22%), Sugar: 4.12g (4.57%), Cholesterol: 125.11mg (41.7%), Sodium: 1304.03mg (56.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.97%), Manganese: 1.36mg (68.17%), Phosphorus: 294.35mg (29.43%), Folate: 105.97µg (26.49%), Magnesium: 101.5mg (25.37%), Vitamin B2: 0.4mg (23.45%), Selenium: 14.98µg (21.4%), Vitamin E: 3.13mg (20.85%), Vitamin C: 17.11mg (20.75%), Vitamin B6: 0.38mg (19.11%), Copper: 0.37mg (18.71%), Iron: 3.27mg (18.19%), Vitamin K: 17.61µg (16.77%), Vitamin B1: 0.24mg (15.69%), Fiber: 3.85g (15.39%), Zinc: 2.01mg (13.4%), Potassium: 407.49mg (11.64%), Vitamin B5: 0.99mg (9.95%), Vitamin B3: 1.74mg (8.72%), Vitamin A: 345.47IU (6.91%), Calcium: 63.92mg (6.39%), Vitamin B12: 0.32µg (5.29%), Vitamin D: 0.66µg (4.4%)