



Pomegranate Quinoa Pilaf

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.5 juice of lemon
- ☐ 1 teaspoon lemon zest fresh
- ☐ 2 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 0.5 medium onion diced
- ☐ 0.5 cup pomegranate seeds
- ☐ 1 cup quinoa

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 cup scallions diagonally sliced
- ☐ 0.5 cup slivered almonds toasted
- ☐ 1 teaspoon sugar

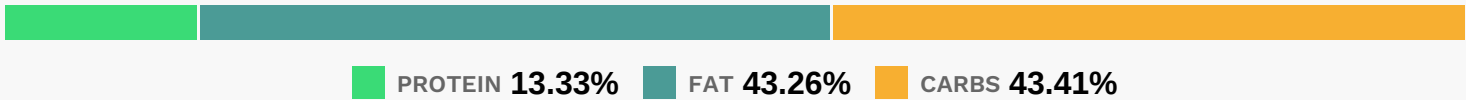
Equipment

- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Heat 1 tablespoon olive oil in a heavy-bottomed saucepan over medium-high heat.
- ☐ Saute the onion until translucent and fragrant.
- ☐ Add the quinoa and stir to coat.
- ☐ Add the chicken broth and bring to a boil. Lower the heat and simmer for about 20 minutes, until the liquid is absorbed and the quinoa is tender.
- ☐ In a large mixing bowl, combine 1 tablespoon olive oil, pomegranate seeds, scallions, parsley, lemon juice, zest, and sugar.
- ☐ Add the quinoa and season with salt, and pepper to taste.
- ☐ Garnish with toasted, slivered almonds.
- ☐ Serves: 6; Calories: 248; Total Fat: 12.5 grams; Saturated Fat: 1 gram; Protein: 9 grams; Total carbohydrates: 27 grams; Sugar: 4 grams; Fiber: 4 grams; Cholesterol: 0 milligrams; Sodium: 109 milligrams

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:2.23, Inflammation Score:-6, Nutrition Score:12.581739000652%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 231.66kcal (11.58%), Fat: 11.55g (17.77%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 21.97g (7.99%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 27.75mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.02%), Manganese: 0.84mg (41.86%), Vitamin K: 33.43µg (31.84%), Vitamin E: 3.81mg (25.38%), Magnesium: 85.83mg (21.46%), Phosphorus: 207.82mg (20.78%), Folate: 69.94µg (17.48%), Copper: 0.34mg (16.76%), Fiber: 4.12g (16.47%), Vitamin B2: 0.23mg (13.78%), Iron: 2.06mg (11.44%), Potassium: 369.97mg (10.57%), Vitamin B3: 1.94mg (9.71%), Vitamin B6: 0.19mg (9.36%), Vitamin B1: 0.14mg (9.33%), Zinc: 1.34mg (8.96%), Vitamin C: 5.92mg (7.18%), Calcium: 52.16mg (5.22%), Selenium: 2.96µg (4.22%), Vitamin B5: 0.34mg (3.38%), Vitamin A: 144.35IU (2.89%), Vitamin B12: 0.08µg (1.31%)