



Pumpkinseed Quinoa Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 0.3 cup pumpkinseed kernels unsalted toasted
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup green onions sliced
- ☐ 2 teaspoons jalapeno minced seeded
- ☐ 1 cup jicama diced peeled
- ☐ 3 tablespoons juice of lime fresh

- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup quinoa uncooked
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 cup onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup tomatoes chopped
- ☐ 1.5 cups water

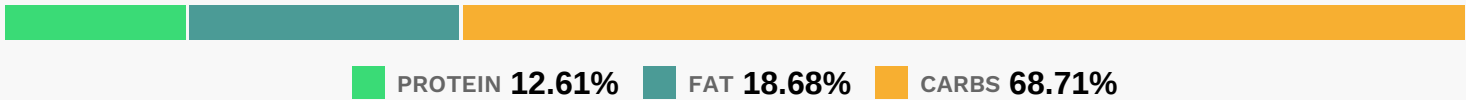
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Remove from heat, and fluff with a fork; set aside.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add jicama and next 5 ingredients (jicama through minced jalapeo pepper); saut 5 minutes or until tender.
- ☐ Add quinoa, tomato, and next 5 ingredients (tomato through salt); saut 1 minute or until thoroughly heated.
- ☐ Garnish with small jalapeo, if desired.

Nutrition Facts



Properties

Glycemic Index:43.6, Glycemic Load:1.52, Inflammation Score:-8, Nutrition Score:14.526087118232%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 178.25kcal (8.91%), Fat: 3.9g (6%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 26.52g (9.64%), Sugar: 6g (6.67%), Cholesterol: 0mg (0%), Sodium: 333.82mg (14.51%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin C: 50.45mg (61.15%), Manganese: 0.71mg (35.74%), Vitamin K: 26.98µg (25.69%), Folate: 93.05µg (23.26%), Fiber: 5.76g (23.03%), Vitamin A: 935.79IU (18.72%), Magnesium: 72.57mg (18.14%), Phosphorus: 170.18mg (17.02%), Vitamin B6: 0.31mg (15.42%), Potassium: 459.14mg (13.12%), Copper: 0.24mg (12.17%), Vitamin B1: 0.16mg (10.94%), Vitamin E: 1.62mg (10.8%), Iron: 1.88mg (10.43%), Vitamin B2: 0.17mg (9.98%), Zinc: 1.19mg (7.94%), Vitamin B3: 1.4mg (7.01%), Vitamin B5: 0.54mg (5.41%), Selenium: 2.87µg (4.09%), Calcium: 40.39mg (4.04%)