



## Quinoa and Onion Risotto with Crème Fraîche and Hazelnuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 bay leaves
- ☐ 1 teaspoon butter
- ☐ 3 tablespoons crèze fraîche
- ☐ 3 tablespoons hazelnuts toasted chopped
- ☐ 1.5 cups quinoa uncooked
- ☐ 1 teaspoon salt
- ☐ 2 thyme sprigs

- ☐ 6 cups water
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1.5 cups onion sweet finely chopped

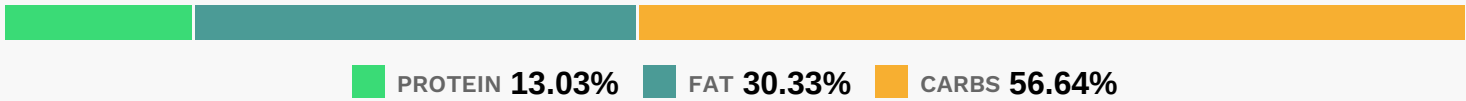
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

## Directions

- ☐ Place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice.
- ☐ Drain well.
- ☐ Combine 6 cups water, salt, thyme, and bay leaf in a large saucepan; bring to a simmer over medium heat. Cover and cook 5 minutes; discard thyme and bay leaf. Keep warm over low heat.
- ☐ Melt butter in a medium saut pan over medium heat.
- ☐ Add onion, and cook for 10 minutes, stirring frequently.
- ☐ Add quinoa; cook 2 minutes, stirring constantly.
- ☐ Add warm seasoned water, 1/2 cup at a time, stirring frequently until each portion of warm seasoned water is absorbed before adding the next (about 30 minutes total). Stir in vinegar. Spoon 2/3 cup risotto into each of 6 small bowls or plates; top each serving with 1 1/2 teaspoons crme frache.
- ☐ Sprinkle each serving with 1 1/2 teaspoons hazelnuts.

## Nutrition Facts



## Properties

Glycemic Index:18.33, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:11.967391264827%

## Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

## Nutrients (% of daily need)

Calories: 219.79kcal (10.99%), Fat: 7.5g (11.54%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 27.64g (10.05%), Sugar: 2.43g (2.7%), Cholesterol: 5.33mg (1.78%), Sodium: 412.39mg (17.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.49%), Manganese: 1.21mg (60.71%), Magnesium: 99.22mg (24.81%), Folate: 93.61µg (23.4%), Phosphorus: 225.06mg (22.51%), Copper: 0.4mg (20.04%), Fiber: 3.87g (15.48%), Vitamin B6: 0.29mg (14.55%), Vitamin B1: 0.2mg (13.53%), Iron: 2.38mg (13.2%), Vitamin E: 1.84mg (12.25%), Zinc: 1.55mg (10.3%), Potassium: 332.72mg (9.51%), Vitamin B2: 0.16mg (9.46%), Selenium: 4.16µg (5.95%), Calcium: 49.06mg (4.91%), Vitamin B5: 0.44mg (4.36%), Vitamin B3: 0.8mg (4.01%), Vitamin C: 2.86mg (3.46%), Vitamin A: 82.42IU (1.65%)