

Quinoa Biryani



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup broccoli florets
- ☐ 1 tablespoon butter
- ☐ 1 pod cardamom
- ☐ 1 cup carrots chopped
- ☐ 2 tablespoons cashew pieces
- ☐ 1 cup cauliflower florets
- ☐ 2 cinnamon sticks
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 1 teaspoon ginger root fresh minced
- ☐ 1 cup green beans fresh cut into 1-inch pieces
- ☐ 0.5 cup peas fresh
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground turmeric
- ☐ 1 onion sliced into rings
- ☐ 1 cup potatoes diced peeled
- ☐ 1 cup quinoa rinsed drained
- ☐ 1 tablespoon vegetable oil
- ☐ 3 cups water

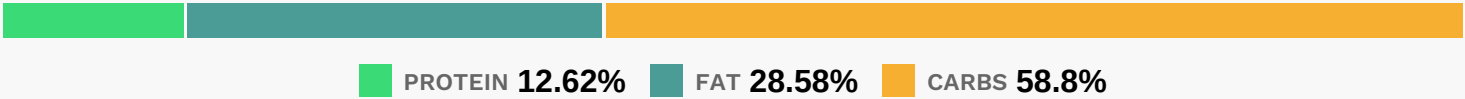
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat vegetable oil in a large skillet over medium heat. Stir in quinoa and allow to toast briefly. Stir in the garlic, ginger, cinnamon sticks, turmeric, cardamom, and cloves. Cook and stir until the spices are fragrant, about 2 minutes.
- ☐ Pour in the water. Increase the heat to high and bring to a boil; add potatoes, carrots, and cauliflower. Recover, then reduce heat to low and cover and simmer for 10 minutes.
- ☐ Stir in the broccoli and green beans, then replace cover and simmer until the quinoa is tender and the water has been absorbed, about 10 minutes. Stir in the green peas, and cook until heated through, about 5 minutes.
- ☐ Remove from heat and discard cinnamon sticks and cloves.
- ☐ Heat the butter in a skillet over medium heat. Stir in onion; cook and stir until the onion is golden, about 8 minutes.
- ☐ Mix in the cashew pieces, stirring constantly until lightly toasted.
- ☐ Transfer quinoa and vegetables to a large platter or bowl. Top with the onion/cashew mixture and chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:119.78, Glycemic Load:10.61, Inflammation Score:-10, Nutrition Score:30.021304528674%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 351.45kcal (17.57%), Fat: 11.57g (17.8%), Saturated Fat: 3.15g (19.72%), Carbohydrates: 53.56g (17.85%), Net Carbohydrates: 43.79g (15.93%), Sugar: 6.26g (6.96%), Cholesterol: 7.53mg (2.51%), Sodium: 79.23mg (3.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.5g (23%), Vitamin A: 5983.85IU (119.68%), Manganese: 1.84mg (92.19%), Vitamin C: 58.3mg (70.67%), Vitamin K: 60.67µg (57.78%), Fiber: 9.77g (39.08%), Folate: 149.72µg (37.43%), Magnesium: 144.23mg (36.06%), Phosphorus: 336.15mg (33.62%), Vitamin B6: 0.65mg (32.45%), Copper: 0.56mg (28.06%), Potassium: 924.64mg (26.42%), Vitamin B1: 0.36mg (23.7%), Iron: 4.13mg (22.95%), Vitamin B2: 0.28mg (16.61%), Zinc: 2.47mg (16.47%), Vitamin E: 2.08mg (13.87%), Vitamin B3: 2.53mg (12.67%), Calcium: 105.9mg (10.59%), Vitamin B5: 1.05mg (10.51%), Selenium: 6.48µg (9.26%)