



Quinoa Cakes with Roasted Red Pepper and Walnut Pesto, Goat Cheese and a Poached Egg

♥ Popular

READY IN



15 min.

SERVINGS



4

CALORIES



467 kcal

Ingredients

- ☐ 4 servings baby spinach leaves to taste
- ☐ 4 servings chives sliced to taste
- ☐ 2 eggs lightly beaten
- ☐ 1 handful basil leaves
- ☐ 1 clove garlic chopped
- ☐ 4 ounces goat cheese sliced
- ☐ 4 servings oil for frying

- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup onion diced finely
- ☐ 2 tablespoons parmigiano reggiano grated (parmesan)
- ☐ 1 batch quinoa cakes – see below
- ☐ 1 cup quinoa rinsed
- ☐ 1 batch roasted pepper an walnut pesto – see below red toasted
- ☐ 2 large roasted peppers red
- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons walnuts toasted
- ☐ 2 cups water
- ☐ 0.3 cup flour whole wheat (I like to use)

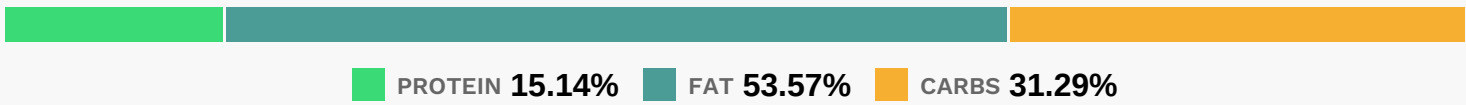
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil and reduce the heat to medium.Crack an egg into a bowl, swirl the water in the pot and pour the egg from the bowl into the water and repeat for another egg.
- ☐ Let the eggs cook until the whites are set but the yolks are not, about 2–3 minutes and fish them out.Repeat for the remaining 2 eggs.
- ☐ Place the spinach leaves down 4 plates, top with quinoa cakes, roasted red pepper pesto, goat cheese and the poached eggs, season with salt and pepper and garnish with chives.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:0.52, Inflammation Score:-10, Nutrition Score:29.465217901313%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 466.62kcal (23.33%), Fat: 28.28g (43.51%), Saturated Fat: 7.56g (47.28%), Carbohydrates: 37.16g (12.39%), Net Carbohydrates: 31.82g (11.57%), Sugar: 1.09g (1.21%), Cholesterol: 96.58mg (32.19%), Sodium: 782.09mg (34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.98%), Vitamin K: 158.37µg (150.83%), Manganese: 1.73mg (86.44%), Vitamin A: 3466.41IU (69.33%), Folate: 166.73µg (41.68%), Phosphorus: 398.08mg (39.81%), Magnesium: 140.54mg (35.13%), Copper: 0.69mg (34.52%), Vitamin C: 23.04mg (27.93%), Vitamin E: 4.04mg (26.92%), Vitamin B2: 0.44mg (26.03%), Vitamin B6: 0.51mg (25.37%), Iron: 4.47mg (24.86%), Selenium: 17.17µg (24.54%), Fiber: 5.34g (21.37%), Vitamin B1: 0.28mg (18.37%), Zinc: 2.54mg (16.96%), Potassium: 560.09mg (16%), Calcium: 159.47mg (15.95%), Vitamin B5: 1mg (9.96%), Vitamin B3: 1.62mg (8.1%), Vitamin B12: 0.28µg (4.66%), Vitamin D: 0.57µg (3.77%)