



Quinoa Chowder with Spinach, Feta Cheese, and Green Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound baking potato diced peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.7 cup green onions divided thinly sliced
- ☐ 1 teaspoon ground cumin

- ☐ 2 tablespoons jalapeno seeded finely chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup quinoa uncooked
- ☐ 1 teaspoon salt
- ☐ 3 cups pkt spinach thinly sliced
- ☐ 8 cups water

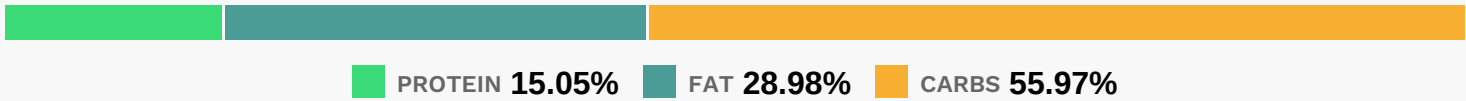
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Combine water and quinoa in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Remove from heat.
- ☐ Drain in a sieve over a bowl, reserving cooking liquid; add enough water to cooking liquid to measure 6 cups. Set quinoa aside.
- ☐ Heat oil in pan over medium heat.
- ☐ Add jalapeo and garlic; cook 30 seconds. Stir in potato, salt, cumin, and black pepper; cook 5 minutes, stirring frequently. Stir in 6 cups cooking liquid, quinoa, and 1/3 cup onions; bring to a boil. Reduce heat, and simmer 10 minutes or until potato is tender. Stir in 1/3 cup onions and spinach; cook 3 minutes.
- ☐ Remove from heat. Stir in cheese and cilantro.

Nutrition Facts



Properties

Glycemic Index:38.34, Glycemic Load:8.48, Inflammation Score:-8, Nutrition Score:14.098260905432%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 157.99kcal (7.9%), Fat: 5.2g (8%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 20.09g (7.31%), Sugar: 0.76g (0.85%), Cholesterol: 12.62mg (4.21%), Sodium: 478.89mg (20.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.15%), Vitamin K: 76.35µg (72.71%), Manganese: 0.56mg (28.05%), Vitamin A: 1289.57IU (25.79%), Vitamin B6: 0.38mg (19.15%), Folate: 70.43µg (17.61%), Phosphorus: 163.6mg (16.36%), Magnesium: 61.91mg (15.48%), Vitamin C: 12.72mg (15.42%), Vitamin B2: 0.22mg (13.06%), Potassium: 440.37mg (12.58%), Calcium: 113.35mg (11.33%), Copper: 0.22mg (11.2%), Iron: 1.94mg (10.8%), Fiber: 2.49g (9.96%), Vitamin B1: 0.14mg (9.56%), Zinc: 1.21mg (8.06%), Vitamin E: 1mg (6.66%), Vitamin B3: 1.16mg (5.82%), Selenium: 3.96µg (5.66%), Vitamin B5: 0.46mg (4.63%), Vitamin B12: 0.24µg (3.99%)