



WHATSheATE



Quinoa con Vegetales Asados (Quinoa with Roasted Vegetables)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 6 servings feta cheese for serving
- ☐ 6 servings parsley fresh
- ☐ 5 garlic cloves
- ☐ 1 pint grape tomatoes
- ☐ 1 bell pepper green sliced
- ☐ 1 teaspoon ground cumin
- ☐ 1 optional: lemon

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 orange bell pepper
- ☐ 2 cups quinoa
- ☐ 1 bell pepper red sliced
- ☐ 6 servings sea salt and pepper black
- ☐ 1 zucchini yellow sliced

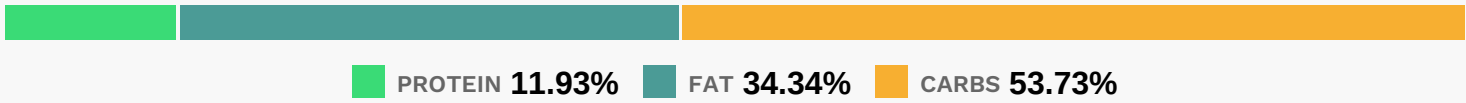
Equipment

- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl
- ☐ sieve
- ☐ baking pan

Directions

- ☐ re-heat the oven to 350F.
- ☐ Put the vegetables in a baking dish lined with baking paper to prevent them from sticking.
- ☐ Drizzle with olive oil and season with cumin, salt and pepper. Use your hands to mix well, then roast for 20–30 minutes.Rinse the quinoa in a fine-meshed strainer. In a medium saucepan place the quinoa and 4 cups water until boiling. Reduce heat and simmer until water is absorbed and quinoa fluffs up, about 15 minutes. Set aside.In a large mixing bowl combine the quinoa and roasted vegetables. Adjust the seasoning, add lemon juice, and sprinkle cheese and parsley on top.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.58, Glycemic Load:2.04, Inflammation Score:-10, Nutrition Score:27.718260991832%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 336.75kcal (16.84%), Fat: 13.27g (20.41%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 39.56g (14.38%), Sugar: 5.57g (6.19%), Cholesterol: 0.69mg (0.23%), Sodium: 216.64mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Vitamin C: 99.04mg (120.04%), Vitamin K: 82.13µg (78.22%), Manganese: 1.43mg (71.69%), Vitamin A: 2398.98IU (47.98%), Folate: 152.4µg (38.1%), Magnesium: 138.46mg (34.62%), Phosphorus: 319.13mg (31.91%), Vitamin B6: 0.6mg (30.17%), Fiber: 7.13g (28.53%), Vitamin E: 3.92mg (26.12%), Potassium: 774.01mg (22.11%), Copper: 0.44mg (22.07%), Iron: 3.84mg (21.31%), Vitamin B1: 0.3mg (19.92%), Vitamin B2: 0.28mg (16.37%), Zinc: 2.25mg (14.97%), Vitamin B3: 2.06mg (10.32%), Selenium: 5.56µg (7.95%), Vitamin B5: 0.79mg (7.88%), Calcium: 68.2mg (6.82%)