

Quinoa Flatbread



Vegetarian



Dairy Free



Popular

READY IN



90 min.

SERVINGS



6

CALORIES



78 kcal

Ingredients

- ☐ 1 cup brown rice flour whole wheat
- ☐ 1 eggs
- ☐ 1 cup food processor raw
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup water

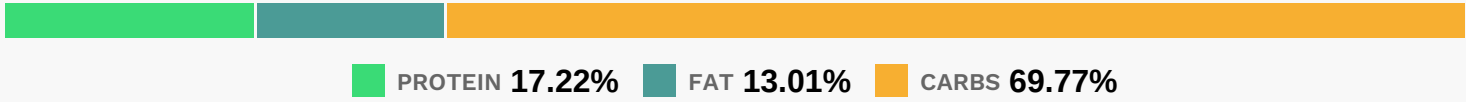
Equipment

- ☐ frying pan

Directions

- ☐ Mix the processed quinoa, flour, egg, water, salt and pepper and let it soak for an hour.
- ☐ Heat a greased pan over medium heat.
- ☐ Pour 1/4 cup of the mixture into the center of the pan, cook for 5 minutes, flip and cook for another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.8134782858517%

Nutrients (% of daily need)

Calories: 78.49kcal (3.92%), Fat: 1.2g (1.84%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 12.31g (4.48%), Sugar: 0.11g (0.12%), Cholesterol: 27.28mg (9.09%), Sodium: 206.57mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Manganese: 0.82mg (40.8%), Selenium: 14.61µg (20.87%), Phosphorus: 85.92mg (8.59%), Fiber: 2.14g (8.56%), Magnesium: 28.68mg (7.17%), Vitamin B1: 0.1mg (6.89%), Vitamin B3: 1mg (4.98%), Iron: 0.85mg (4.72%), Vitamin B6: 0.09mg (4.69%), Copper: 0.09mg (4.69%), Zinc: 0.62mg (4.13%), Vitamin B2: 0.07mg (3.91%), Folate: 12.25µg (3.06%), Potassium: 82.76mg (2.36%), Vitamin B5: 0.23mg (2.33%), Vitamin E: 0.22mg (1.46%), Calcium: 12.21mg (1.22%), Vitamin B12: 0.07µg (1.09%)