



Quinoa-Leek Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



20

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 20 servings kosher salt
- ☐ 2 pounds leeks light white green halved lengthwise thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 20 servings pepper freshly ground
- ☐ 1 pound quinoa rinsed drained
- ☐ 2 cups vegetable broth low-sodium
- ☐ 2 cups water

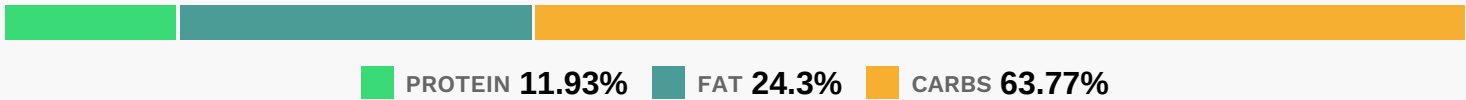
Equipment

☐ frying pan

Directions

- ☐ In a large, deep skillet, heat the olive oil.
- ☐ Add the leeks and a generous pinch each of salt and pepper and cook over moderately low heat, stirring occasionally, until softened, 10 to 12 minutes.
- ☐ Add the quinoa and cook over moderate heat, stirring, until dry, about 5 minutes.
- ☐ Add the broth and water to the skillet and bring to a boil. Cover and simmer over moderately low heat until the quinoa is tender and the liquid has been absorbed, about 20 minutes.
- ☐ Remove the skillet from the heat and let stand for 10 minutes. Fluff with a fork, season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:1.81, Inflammation Score:-7, Nutrition Score:9.053043552067%

Flavonoids

Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 131.45kcal (6.57%), Fat: 3.62g (5.56%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 18.83g (6.85%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 205.24mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Manganese: 0.69mg (34.63%), Vitamin K: 22.75µg (21.66%), Folate: 70.78µg (17.69%), Vitamin A: 759.86IU (15.2%), Magnesium: 57.79mg (14.45%), Phosphorus: 119.68mg (11.97%), Iron: 2.01mg (11.18%), Vitamin B6: 0.22mg (10.82%), Fiber: 2.53g (10.12%), Copper: 0.19mg (9.68%), Vitamin E: 1.27mg (8.49%), Vitamin B1: 0.11mg (7.26%), Vitamin C: 5.44mg (6.6%), Potassium: 210.72mg (6.02%), Zinc: 0.76mg (5.08%), Vitamin B2: 0.09mg (5.05%), Calcium: 38.72mg (3.87%), Selenium: 2.39µg (3.41%), Vitamin B3: 0.53mg (2.64%), Vitamin B5: 0.24mg (2.4%)