



 **61%**
HEALTH SCORE

Quinoa Pilaf

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



3

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 2 carrots diced
- 1 stalk celery chopped
- 3 servings ground pepper black to taste
- 1 tablespoon juice of lemon
- 1 tablespoon lemon zest
- 1 tablespoon olive oil
- 0.5 onion chopped

- 0.5 cup peas green frozen thawed
- 0.5 cup quinoa
- 3 servings salt to taste
- 1 cup water hot

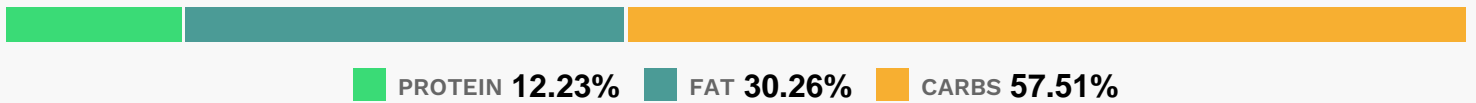
Equipment

- sauce pan
- sieve

Directions

- Pour oil into a medium saucepan, and place over medium heat.
- Add onion, celery, and carrots; cook and stir for 10 minutes, or until vegetables are tender.
- Using a strainer, rinse quinoa under cold water.
- Drain well. Stir into the vegetables; cook and stir for 1 minute.
- Add water, bay leaf and lemon rind and juice; bring to boil. Cover, and reduce heat to medium low. Simmer for 15 to 20 minutes, or until liquid is absorbed and quinoa is tender.
- Discard bay leaf. Stir in peas, and season to taste with salt and pepper.
- Serve.

Nutrition Facts



Properties

Glycemic Index:60.72, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:16.134782563085%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.88mg,

Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 193.36kcal (9.67%), Fat: 6.65g (10.22%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 23.13g (8.41%), Sugar: 4.46g (4.96%), Cholesterol: 0mg (0%), Sodium: 240.11mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.09%), Vitamin A: 7046.76IU (140.94%), Manganese: 0.79mg (39.36%), Vitamin C: 18.37mg (22.26%), Folate: 85.19µg (21.3%), Fiber: 5.29g (21.14%), Magnesium: 73.58mg (18.39%), Phosphorus: 179.17mg (17.92%), Vitamin K: 18.31µg (17.44%), Vitamin B1: 0.21mg (13.79%), Vitamin B6: 0.27mg (13.67%), Copper: 0.26mg (12.83%), Potassium: 419.99mg (12%), Vitamin E: 1.72mg (11.44%), Iron: 1.91mg (10.61%), Vitamin B2: 0.16mg (9.46%), Zinc: 1.34mg (8.95%), Vitamin B3: 1.41mg (7.07%), Calcium: 48.56mg (4.86%), Selenium: 3.05µg (4.36%), Vitamin B5: 0.42mg (4.25%)