



Quinoa Pilaf

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arugula packed chopped
- ☐ 0.5 teaspoon pepper black freshly ground for seasoning
- ☐ 1 medium cucumber diced peeled seeded
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 teaspoon kosher salt for seasoning
- ☐ 1 lemon zest
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 1.5 cups quinoa
- ☐ 1 small pepper red stemmed deveined seeded chopped
- ☐ 4 small shallots chopped
- ☐ 0.5 cup slivered almonds toasted coarsely chopped
- ☐ 0.3 cup white wine such as pinot grigio

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook's Note: To toast the almonds, arrange in a single layer on a baking sheet.
- ☐ Bake in a preheated 350 degrees F oven until lightly toasted, 6 to 8 minutes. Cool completely before using.
- ☐ Heat 2 tablespoons of the oil in a large saucepan or a high-sided skillet over medium-high heat.
- ☐ Add the shallots and cook until soft, about 2 minutes.
- ☐ Add the bell pepper, salt and pepper. Cook until the vegetables are tender, 5 minutes. Make a space in the center of the vegetables and add the remaining 1 tablespoon of oil.
- ☐ Add the quinoa and cook, stirring constantly, until coated with oil, about 2 minutes.
- ☐ Add the wine and cook until all of the liquid has evaporated, about 2 minutes.
- ☐ Add the broth and bring to a boil. Cover the pan and simmer until all of the broth has been absorbed and the quinoa is tender, about 15 minutes. Keep covered and let sit for 10 minutes.
- ☐ Add the arugula, almonds, mint, cucumber and lemon zest and toss well. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:1.55, Inflammation Score:-9, Nutrition Score:25.673913022746%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 467.35kcal (23.37%), Fat: 21.9g (33.69%), Saturated Fat: 2.61g (16.34%), Carbohydrates: 53g (17.67%), Net Carbohydrates: 44.56g (16.2%), Sugar: 4.31g (4.79%), Cholesterol: 0mg (0%), Sodium: 619.43mg (26.93%), Alcohol: 1.58g (100%), Alcohol %: 0.67% (100%), Protein: 15.14g (30.27%), Manganese: 1.85mg (92.52%), Magnesium: 183.94mg (45.99%), Vitamin E: 6.87mg (45.79%), Phosphorus: 420.47mg (42.05%), Folate: 158.79µg (39.7%), Vitamin C: 31.76mg (38.5%), Fiber: 8.44g (33.77%), Copper: 0.65mg (32.43%), Vitamin B6: 0.52mg (25.89%), Vitamin B2: 0.44mg (25.73%), Iron: 4.55mg (25.27%), Potassium: 781.26mg (22.32%), Vitamin B1: 0.31mg (20.38%), Vitamin A: 985.19IU (19.7%), Zinc: 2.81mg (18.75%), Vitamin K: 16.9µg (16.1%), Vitamin B3: 3.04mg (15.2%), Calcium: 112.65mg (11.26%), Selenium: 6.38µg (9.11%), Vitamin B5: 0.86mg (8.56%), Vitamin B12: 0.09µg (1.48%)