

## Quinoa Pilaf

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



358 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 carrots chopped
- 0.3 cup parsley fresh chopped
- 0.5 cup onion chopped
- 1 cup quinoa rinsed
- 2 cups vegetable stock
- 1 tablespoon vegetable oil
- 0.8 cup walnut pieces chopped

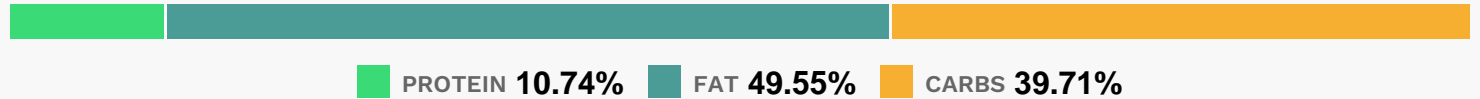
### Equipment

- bowl
- sauce pan

## Directions

- Heat oil in a saucepan over medium-high heat. Cook onion in oil for 5 minutes, or until translucent.
- Add carrot, and cook 3 minutes more. Stir in quinoa and vegetable broth, and bring to a boil. Reduce to a simmer, cover, and cook 15 to 20 minutes, or until quinoa is tender and fluffy.
- In a bowl, toss quinoa together with walnuts and parsley.
- Serve hot or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:42.71, Glycemic Load:2.4, Inflammation Score:-10, Nutrition Score:23.336086812227%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

## Nutrients (% of daily need)

Calories: 357.66kcal (17.88%), Fat: 20.41g (31.39%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 31.04g (11.29%), Sugar: 3.9g (4.33%), Cholesterol: 0mg (0%), Sodium: 496.51mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Vitamin A: 5672.24IU (113.44%), Manganese: 1.69mg (84.42%), Vitamin K: 72.45µg (69%), Magnesium: 125.92mg (31.48%), Copper: 0.63mg (31.33%), Phosphorus: 288.78mg (28.88%), Folate: 114.99µg (28.75%), Fiber: 5.76g (23.05%), Vitamin B6: 0.39mg (19.71%), Vitamin B1: 0.26mg (17.36%), Iron: 2.95mg (16.37%), Zinc: 2.14mg (14.28%), Potassium: 483.59mg (13.82%), Vitamin B2: 0.19mg (11.46%), Vitamin E: 1.7mg (11.35%), Vitamin C: 8.55mg (10.37%), Selenium: 4.82µg (6.89%), Vitamin B3: 1.26mg (6.32%), Calcium: 61.31mg (6.13%), Vitamin B5: 0.58mg (5.76%)