



Quinoa Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



3

CALORIES



357 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons olive oil extra virgin divided
- ☐ 0.5 medium onion yellow finely chopped
- ☐ 0.3 bell pepper finely chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons pinenuts
- ☐ 1 cup quinoa uncooked
- ☐ 2 cups water
- ☐ 1 pinch pepper black freshly ground

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 tablespoons thai basil fresh chopped
- ☐ 1 tablespoon chives fresh chopped (or green onions including the greens)
- ☐ 1 small cucumber seeds removed, chopped peeled
- ☐ 3 servings salt and pepper

Equipment

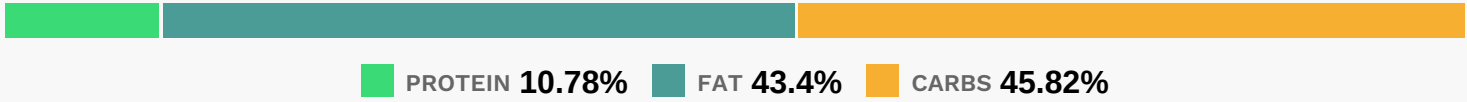
- ☐ bowl
- ☐ pot
- ☐ sieve

Directions

- ☐ Rinse quinoa if instructed on box: Check your box of quinoa, if it recommends rinsing the quinoa, place the quinoa in a large sieve and rinse it until the water runs clear. (Some brands don't require rinsing.)
- ☐ Sauté onion, bell pepper, garlic, pine nuts:
- ☐ Heat 1 Tbsp of olive oil on medium high heat in a 1 1/2 to 2 quart pot.
- ☐ Add the onion, bell pepper, garlic and pine nuts and cook, stirring occasionally until the onions are translucent, but not browned.
- ☐ Add quinoa:
- ☐ Add the uncooked quinoa and cook, stirring occasionally for a couple more minutes. You can let some of the quinoa get a little toasted.
- ☐ Add water, salt, bring to simmer:
- ☐ Add 2 cups of water and one teaspoon of salt. Bring to a boil and reduce the heat to low so that the quinoa and water are simmering while the pot is partially covered (enough to let out some steam).
- ☐ Simmer for 20 minutes, or until the quinoa is tender and the water has been absorbed.
- ☐ Remove from heat and put into a large serving bowl. Fluff up with a fork.
- ☐ Stir in olive oil, mint, basil, chives, cucumber:

- ☐ Let cool until just slightly warm, add another tablespoon of olive oil. Stir in chopped mint,basil, chives, and cucumber.
- ☐ Add salt and pepper to taste.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:83.67, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:19.435217256131%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 356.65kcal (17.83%), Fat: 17.52g (26.95%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 41.61g (13.87%), Net Carbohydrates: 36.16g (13.15%), Sugar: 2.19g (2.44%), Cholesterol: 0mg (0%), Sodium: 208.31mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Manganese: 1.89mg (94.59%), Magnesium: 143.54mg (35.88%), Phosphorus: 321.6mg (32.16%), Folate: 127.74µg (31.94%), Copper: 0.52mg (25.75%), Vitamin E: 3.54mg (23.59%), Vitamin C: 17.98mg (21.8%), Fiber: 5.44g (21.78%), Vitamin K: 21.3µg (20.28%), Iron: 3.46mg (19.21%), Vitamin B6: 0.38mg (19.01%), Vitamin B1: 0.26mg (17.63%), Zinc: 2.41mg (16.09%), Potassium: 508.6mg (14.53%), Vitamin B2: 0.23mg (13.77%), Vitamin A: 614.38IU (12.29%), Selenium: 5.17µg (7.39%), Vitamin B3: 1.37mg (6.87%), Vitamin B5: 0.66mg (6.62%), Calcium: 58.27mg (5.83%)