



Quinoa Pilaf with Artichokes, Leeks and Sugar Snap Peas

 **Gluten Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons carapelli® extra virgin olive oil
- 1 large leek light white green thinly sliced
- 6.5 ounce marinated artichoke hearts drained coarsely chopped
- 2 tablespoons parmigiano-reggiano cheese grated
- 3 tablespoons pinenuts toasted
- 1 cup quinoa rinsed drained

1 cup diagonally sugar snap peas fresh shelled halved

1.8 cups vegetable broth reduced-sodium

Equipment

sauce pan

Directions

Heat oil in a large saucepan over medium heat.

Add leek; cook 5 minutes, stirring occasionally. Stir in broth and quinoa; bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 7 minutes.

Stir in sugar snap peas; cover and continue to simmer 6 to 8 minutes or until most of broth is absorbed. Stir in artichoke hearts; heat through. Top with pine nuts, cheese and pepper.

Nutrition Facts

PROTEIN 10.83% **FAT 48.49%** **CARBS 40.68%**

Properties

Glycemic Index:22.75, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:18.458260995538%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 359.97kcal (18%), Fat: 19.62g (30.19%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 37.04g (12.35%), Net Carbohydrates: 31.35g (11.4%), Sugar: 3.04g (3.38%), Cholesterol: 1.7mg (0.57%), Sodium: 222.98mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.71%), Manganese: 1.71mg (85.37%), Vitamin C: 27.1mg (32.85%), Magnesium: 115.97mg (28.99%), Phosphorus: 275.67mg (27.57%), Folate: 105.48µg (26.37%), Vitamin K: 25.09µg (23.89%), Fiber: 5.68g (22.74%), Vitamin A: 1126.24IU (22.52%), Iron: 3.74mg (20.76%), Vitamin E: 3.05mg (20.35%), Copper: 0.4mg (19.91%), Vitamin B1: 0.23mg (15.43%), Vitamin B6: 0.31mg (15.39%), Zinc: 1.96mg (13.1%), Vitamin B2: 0.19mg (11%), Potassium: 377.13mg (10.78%), Calcium: 84.27mg (8.43%), Selenium: 4.63µg (6.61%), Vitamin B3: 1.22mg (6.1%), Vitamin B5: 0.58mg (5.8%)