



## Quinoa Pilaf with Crimini Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 bay leaf
- 6 servings pepper black freshly ground
- 0.5 cup crimini mushrooms thinly sliced
- 1 tablespoon kosher for passover olive oil
- 1.5 teaspoons kosher salt
- 1.5 cups quinoa rinsed drained well
- 1 small shallots peeled chopped
- 0.5 teaspoon thyme leaves removed from their stems fresh

3 cups vegetable stock

## Equipment

frying pan

sauce pan

## Directions

Place a saucepan on high heat and get it hot.

Add the olive oil and swirl it around to make sure the entire surface is covered with oil.

Add the shallot and sweat (cook until translucent but not brown).

Add the crimini mushrooms and cook until brown.

Add the quinoa, thyme leaves, bay leaf, kosher salt and black pepper to the pan and stir.

Let the ingredients heat up and roast a little to bring out all their fullest flavors. The steam coming up should be very aromatic.

Slowly and carefully add the vegetable stock (it will spatter because the pan and ingredients are hot). When it comes to full boil, reduce the heat to a low simmer, cover and allow to steam for about 15 minutes.

After 15 minutes, turn off the heat, remove lid and fluff the quinoa and then replace the lid and allow to sit for about 10 minutes.

Taste for seasoning and adjust, if necessary.

Serve.

## Nutrition Facts



**PROTEIN 13.29%** **FAT 23.5%** **CARBS 63.21%**

## Properties

Glycemic Index:25.33, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:10.044782602917%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

## Nutrients (% of daily need)

Calories: 187.69kcal (9.38%), Fat: 4.93g (7.59%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 26.65g (9.69%), Sugar: 1.43g (1.59%), Cholesterol: 0mg (0%), Sodium: 1054.44mg (45.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.55%), Manganese: 0.9mg (45.16%), Magnesium: 85.61mg (21.4%), Phosphorus: 204.28mg (20.43%), Folate: 81.24µg (20.31%), Copper: 0.29mg (14.36%), Fiber: 3.2g (12.79%), Iron: 2.08mg (11.56%), Vitamin B6: 0.23mg (11.46%), Vitamin B1: 0.16mg (10.76%), Vitamin B2: 0.17mg (9.79%), Zinc: 1.41mg (9.38%), Vitamin E: 1.38mg (9.18%), Potassium: 282.65mg (8.08%), Selenium: 5.23µg (7.47%), Vitamin A: 265.89IU (5.32%), Vitamin B3: 0.89mg (4.43%), Vitamin B5: 0.43mg (4.32%), Calcium: 24.24mg (2.42%), Vitamin K: 1.6µg (1.53%)