



Quinoa Pilaf with Pine Nuts

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup parsley leaves fresh chopped
- 2 cups chicken broth low-sodium
- 1 tablespoon olive oil
- 0.5 large onion chopped
- 0.3 cup pinenuts
- 1 cup quinoa rinsed
- 6 servings salt and pepper

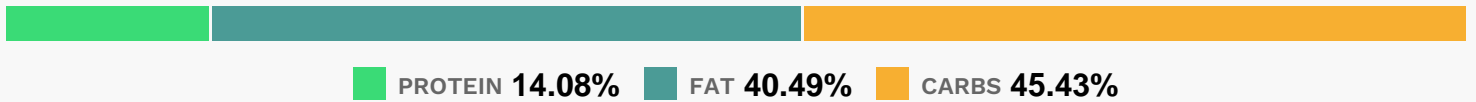
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Put the broth and quinoa in a medium sized saucepan and bring to a boil. Reduce heat to a simmer, cover and cook for 15 to 20 minutes, until liquid is absorbed and grain is tender.
- Meanwhile, toast the nuts in a large dry skillet over medium-high heat until golden brown and fragrant, about 2 minutes, stirring frequently.
- Remove nuts from pan and set aside.
- Heat the oil in the same skillet over a medium-high heat.
- Add the onions and cook stirring occasionally, until the onions soften and begin to brown, about 6 minutes.
- When the quinoa is done, fluff with a fork and transfer to a large serving bowl. Stir in the pine nuts, onions, and parsley. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:12.363913131797%

Flavonoids

Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 181.54kcal (9.08%), Fat: 8.41g (12.94%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 21.24g (7.08%), Net Carbohydrates: 18.72g (6.81%), Sugar: 0.86g (0.96%), Cholesterol: 0mg (0%), Sodium: 221.33mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Vitamin K: 59.15µg (56.34%), Manganese: 1.09mg (54.65%), Phosphorus: 190.99mg (19.1%), Magnesium: 73.64mg (18.41%), Folate: 61.49µg (15.37%), Copper: 0.29mg

(14.58%), Iron: 2.02mg (11.22%), Vitamin E: 1.58mg (10.53%), Fiber: 2.51g (10.06%), Zinc: 1.38mg (9.18%), Vitamin B3: 1.81mg (9.07%), Vitamin B1: 0.13mg (8.74%), Potassium: 297.53mg (8.5%), Vitamin B6: 0.17mg (8.46%), Vitamin B2: 0.13mg (7.83%), Vitamin C: 5.4mg (6.55%), Vitamin A: 286.65IU (5.73%), Selenium: 2.51µg (3.59%), Vitamin B5: 0.26mg (2.65%), Calcium: 24.98mg (2.5%), Vitamin B12: 0.08µg (1.31%)