



Quinoa Porridge with Blueberries and Pecans



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



1

CALORIES



613 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

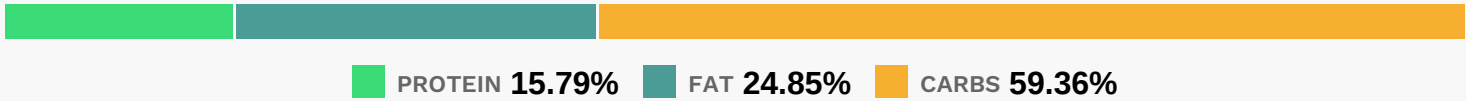
- ☐ 0.3 cup blueberries
- ☐ 1 dash cinnamon
- ☐ 1 tablespoon maple syrup
- ☐ 1.5 cup milk
- ☐ 0.5 cup quinoa rinsed
- ☐ 0.3 teaspoon vanilla extract

Equipment

Directions

- ☐ Bring the quinoa, milk, vanilla, cinnamon and maple syrup to a boil, reduce the heat and simmer, covered until tender, about 15 minutes.
- ☐ Mix in the blueberries, add more mil to taste and top with the pecans.

Nutrition Facts



Properties

Glycemic Index:119.5, Glycemic Load:13.22, Inflammation Score:-8, Nutrition Score:32.375217458476%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 612.84kcal (30.64%), Fat: 17.01g (26.16%), Saturated Fat: 7.42g (46.39%), Carbohydrates: 91.4g (30.47%), Net Carbohydrates: 84.03g (30.56%), Sugar: 33.42g (37.14%), Cholesterol: 43.92mg (14.64%), Sodium: 145.69mg (6.33%), Alcohol: 0.34g (100%), Alcohol %: 0.09% (100%), Protein: 24.32g (48.64%), Manganese: 2.5mg (125.2%), Phosphorus: 763.25mg (76.32%), Vitamin B2: 1.05mg (61.52%), Magnesium: 218.51mg (54.63%), Calcium: 524.28mg (52.43%), Folate: 158.68µg (39.67%), Vitamin B1: 0.54mg (35.88%), Vitamin B12: 1.98µg (32.94%), Vitamin B6: 0.66mg (32.91%), Potassium: 1106.83mg (31.62%), Fiber: 7.37g (29.48%), Zinc: 4.35mg (29.03%), Vitamin D: 4.03µg (26.84%), Copper: 0.53mg (26.52%), Iron: 4.09mg (22.75%), Vitamin B5: 2.07mg (20.71%), Selenium: 14.25µg (20.35%), Vitamin E: 2.49mg (16.61%), Vitamin A: 627.75IU (12.56%), Vitamin B3: 1.86mg (9.32%), Vitamin K: 8.55µg (8.14%), Vitamin C: 3.63mg (4.4%)