



WHATSheATE



Quinoa Porridge with Maple & Brown Sugar



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



329 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

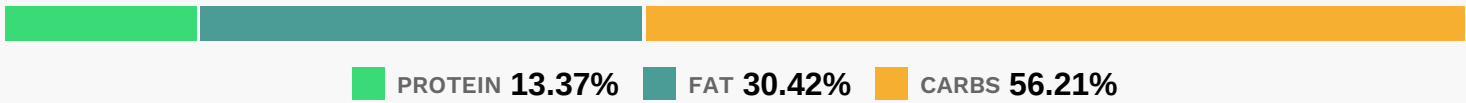
- ☐ 2 tbsp brown sugar plus more for serving
- ☐ 0.3 tsp cinnamon
- ☐ 2 tbsp maple syrup
- ☐ 2 cups milk plus more for serving (pareve dairy-free milk subs below)
- ☐ 0.3 cup walnuts chopped (pecans, almonds, or walnuts – optional)
- ☐ 1 cup quinoa
- ☐ 0.3 tsp salt
- ☐ 0.5 tsp vanilla extract

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Quinoa Porridge with Maple & Brown Sugar
- ☐ Ingredients1 cup quinoa2 cups milk, plus more for serving (pareve dairy-free milk subs below)1/4 tsp salt (optional)2 tbsp brown sugar, plus more for serving2 tbsp maple syrup1/4 tsp cinnamon1/2 tsp vanilla extract1/4 cup chopped nuts (pecans, almonds, or walnuts – optional)
- ☐ Total Time: 30 Minutes
- ☐ Servings: 4 small portions or 2 large portions
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:4.73, Inflammation Score:-6, Nutrition Score:15.606087194513%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 329.14kcal (16.46%), Fat: 11.25g (17.31%), Saturated Fat: 3.02g (18.86%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 43.24g (15.72%), Sugar: 17.94g (19.93%), Cholesterol: 14.64mg (4.88%), Sodium: 196.62mg (8.55%), Alcohol: 0.18g (100%), Alcohol %: 0.12% (100%), Protein: 11.13g (22.26%), Manganese: 1.38mg (69.12%), Phosphorus: 343.12mg (34.31%), Magnesium: 112.72mg (28.18%), Vitamin B2: 0.44mg (26%), Folate: 85.44µg (21.36%), Calcium: 194.86mg (19.49%), Copper: 0.37mg (18.61%), Vitamin B1: 0.25mg (16.86%), Vitamin B6: 0.32mg (16.18%), Fiber: 3.55g (14.2%), Zinc: 2.12mg (14.13%), Potassium: 486.51mg (13.9%), Iron: 2.22mg (12.36%), Vitamin B12: 0.66µg (10.98%), Selenium: 6.37µg (9.09%), Vitamin D: 1.34µg (8.95%), Vitamin B5: 0.83mg (8.34%), Vitamin E: 1.15mg (7.69%), Vitamin B3: 0.88mg (4.38%), Vitamin A: 205.53IU (4.11%)