



Quinoa Stir-Fry with Vegetables and Chicken



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 clove garlic sliced
- 2 spring onion chopped
- 0.3 teaspoon pepper black
- 0.8 cup quinoa rinsed
- 1 tablespoon vegetable oil
- 1 eggs beaten
- 0.5 teaspoon salt divided
- 4 ounces chicken breast strips/pre-cooked/chopped chopped

- 1 tablespoon soya sauce
- 0.5 cup cilantro leaves
- 1 small to 5 chilies red chopped
- 2 teaspoons ginger grated
- 2 cups snow peas trimmed
- 1 small carrots thinly sliced
- 1 medium bell pepper red cored seeded chopped

Equipment

- bowl
- frying pan
- sauce pan

Directions

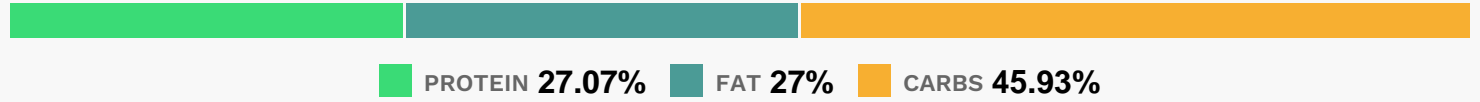
- Place quinoa in a small saucepan with 3/4 cup water and 1/4 teaspoon salt.
- Bring to a boil, then reduce heat to low. Cover and cook, undisturbed, until quinoa absorbs water, about 15 minutes.
- Remove from heat,
- fluff with a fork and leave uncovered.
- Heat oil in a large skillet over
- medium-high heat. Cook carrot, stirring occasionally, until it softens, about 1 minute.
- Add bell pepper, ginger, garlic and chile, if desired;
- cook, stirring frequently, about 2 minutes.
- Add peas, sprinkle
- with remaining 1/4 teaspoon salt and pepper and cook, stirring frequently,
- minute.
- Remove vegetables and return skillet to heat; add quinoa, along with egg. Cook, stirring constantly, until egg is evenly distributed, about 2 minutes.

Add vegetables, chicken, scallions, cilantro and soy sauce; cook 1 minute more. Divide stir-fry among 4 bowls; serve warm.

Per serving: 254 calories, 7.8 g fat (1.1 g saturated),

Self

Nutrition Facts



Properties

Glycemic Index:69.96, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:25.066521805266%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 255.11kcal (12.76%), Fat: 7.7g (11.85%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 24.52g (8.92%), Sugar: 4.7g (5.22%), Cholesterol: 65.02mg (21.67%), Sodium: 595.2mg (25.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Vitamin C: 86.34mg (104.65%), Vitamin A: 3924.8IU (78.5%), Manganese: 0.92mg (45.99%), Vitamin K: 42.14µg (40.14%), Vitamin B6: 0.61mg (30.5%), Phosphorus: 285.72mg (28.57%), Folate: 110.23µg (27.56%), Vitamin B3: 5.47mg (27.37%), Magnesium: 96.11mg (24.03%), Selenium: 14.56µg (20.8%), Fiber: 4.96g (19.86%), Iron: 3.51mg (19.5%), Vitamin B1: 0.25mg (16.94%), Vitamin B2: 0.28mg (16.57%), Potassium: 549.61mg (15.7%), Copper: 0.3mg (14.79%), Vitamin E: 2.16mg (14.38%), Vitamin B5: 1.25mg (12.48%), Zinc: 1.75mg (11.64%), Calcium: 63.06mg (6.31%), Vitamin B12: 0.19µg (3.24%), Vitamin D: 0.25µg (1.66%)