



WHATSheATE



HEALTH SCORE

85%

Quinoa-Stuffed Kale Rolls with Goat Cheese



Vegetarian



Gluten Free



Very Healthy

READY IN



125 min.

SERVINGS



4

CALORIES



356 kcal

Ingredients

- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 6 garlic clove coarsely chopped
- ☐ 2 ounces goat cheese crumbled
- ☐ 0.5 teaspoon kosher salt
- ☐ 12 large destemmed lacinato/dinosaur kale (1 large bunch)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 medium onion chopped
- ☐ 2 pounds plum tomatoes chopped
- ☐ 0.8 cup quinoa uncooked

- ☐ 1.5 cups vegetable stock organic
- ☐ 0.3 cup walnut pieces divided toasted chopped

Equipment

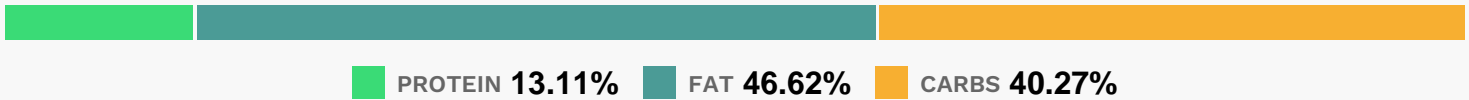
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ potato masher
- ☐ slotted spoon

Directions

- ☐ Heat a large saucepan over medium heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add tomatoes, garlic, and thyme; cover and simmer 30 minutes or until tomatoes are very tender.
- ☐ Remove pan from heat.
- ☐ Add salt; coarsely mash with a potato masher.
- ☐ Bring a large saucepan of water to a boil; add half of kale. Cook 1 minute.
- ☐ Remove kale from pan with a slotted spoon; plunge into ice water. Repeat procedure with remaining kale.
- ☐ Drain and pat dry.
- ☐ Remove center rib from each kale leaf, leaving the leaf whole and uncut at leafy end.
- ☐ Rinse and drain quinoa.
- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add remaining 1 tablespoon olive oil to pan; swirl to coat.
- ☐ Add onion to pan; saut 5 minutes or until tender.
- ☐ Add quinoa; cook 2 minutes, stirring constantly.

- ☐ Add broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- ☐ Remove pan from heat; stir in 3 tablespoons walnuts.
- ☐ Preheat oven to 37
- ☐ Spread about 3/4 cup tomato sauce over bottom of an 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Working with 1 kale leaf at a time, place about 1/4 cup quinoa mixture in center of leaf. Fold in edges of leaf; roll up, jelly-roll fashion. Repeat procedure with remaining kale leaves and quinoa mixture to form 12 rolls.
- ☐ Place rolls, seam sides down, in dish. Spoon remaining sauce over rolls. Cover and bake at 375 for 20 minutes.
- ☐ Sprinkle evenly with remaining walnuts and cheese.
- ☐ Bake, uncovered, for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:30.92999983093%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 9.17mg, Isorhamnetin: 9.17mg, Isorhamnetin: 9.17mg, Isorhamnetin: 9.17mg Kaempferol: 15.84mg, Kaempferol: 15.84mg, Kaempferol: 15.84mg, Kaempferol: 15.84mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 14.43mg, Quercetin: 14.43mg, Quercetin: 14.43mg, Quercetin: 14.43mg

Nutrients (% of daily need)

Calories: 355.86kcal (17.79%), Fat: 19.29g (29.68%), Saturated Fat: 4g (24.98%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 29.84g (10.85%), Sugar: 8.57g (9.52%), Cholesterol: 6.52mg (2.17%), Sodium: 728.06mg (31.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.42%), Vitamin K: 151.54µg (144.32%), Vitamin A: 5574.92IU (111.5%), Vitamin C: 67.06mg (81.28%), Manganese: 1.6mg (79.99%), Folate: 130.2µg (32.55%), Copper: 0.63mg (31.41%), Fiber: 7.66g (30.64%), Magnesium: 121.79mg (30.45%), Phosphorus: 304.19mg (30.42%), Vitamin B6: 0.57mg (28.26%), Potassium: 942.9mg (26.94%), Vitamin E: 3.33mg (22.21%), Vitamin B2: 0.34mg (20.27%), Vitamin B1: 0.3mg (20.08%), Iron: 3.5mg (19.45%), Calcium: 169.65mg (16.97%), Zinc: 2.05mg (13.68%), Vitamin B3: 2.47mg (12.36%), Vitamin B5: 0.69mg (6.95%), Selenium: 4.66µg (6.65%)