



Quinoa Stuffing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

Ingredients

- 1 cup apricots dried diced
- 1 butternut squash diced peeled seeded
- 1 cup cranberries dried
- 1 cup parsley fresh chopped
- 1 bunch green onions chopped
- 1 juice of lime juiced to taste
- 0.3 cup olive oil
- 2 cups quinoa

- 4 cups vegetable stock
- 2 small zucchinis cut into 1-inch cubes

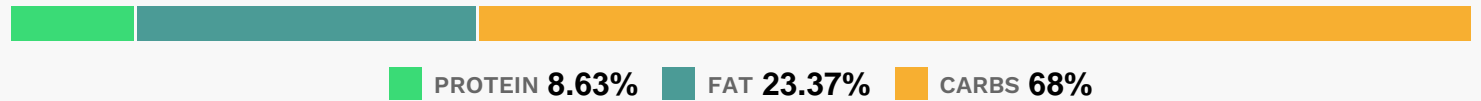
Equipment

- frying pan
- sauce pan

Directions

- Bring vegetable stock to a boil in a saucepan, reduce heat to low, and stir in quinoa. Cover pan and simmer until quinoa absorbs the liquid, 10 to 15 minutes.
- Remove from heat.
- Heat olive oil in a large skillet over medium heat. Cook and stir butternut squash and zucchinis in the hot oil until slightly browned, about 10 minutes. Stir quinoa into the vegetables and gently mix green onions, apricots, cranberries, and parsley into the stuffing.
- Drizzle with lime juice to taste.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:3.89, Inflammation Score:-10, Nutrition Score:27.094782601232%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 359.57kcal (17.98%), Fat: 9.83g (15.13%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 64.38g (21.46%), Net Carbohydrates: 56.9g (20.69%), Sugar: 23.67g (26.3%), Cholesterol: 0mg (0%), Sodium: 485.51mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.33%), Vitamin A: 11530.09IU (230.6%), Vitamin K: 137.25µg (130.72%), Manganese: 1.2mg (60.07%), Vitamin C: 36.82mg (44.64%), Magnesium: 131.37mg (32.84%), Folate: 125.91µg (31.48%), Vitamin E: 4.5mg (29.98%), Fiber: 7.47g (29.9%), Potassium: 896.48mg (25.61%), Phosphorus: 255.11mg (25.51%), Vitamin B6: 0.44mg (21.92%), Iron: 3.75mg (20.83%), Copper: 0.41mg (20.69%), Vitamin B1: 0.27mg (18.23%), Vitamin B3: 2.53mg (12.64%), Vitamin B2: 0.21mg (12.25%), Zinc: 1.73mg (11.51%), Calcium: 93.1mg (9.31%), Vitamin B5: 0.92mg (9.17%), Selenium: 4.62µg (6.6%)