



Quinoa Stuffing with Leeks, Walnuts, and Cherries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.5 cup celery chopped
- ☐ 0.8 cup cherries dried coarsely chopped
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 4 garlic cloves minced

- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.8 pound leek thinly sliced
- ☐ 1 cup quinoa uncooked
- ☐ 0.3 cup walnuts toasted chopped

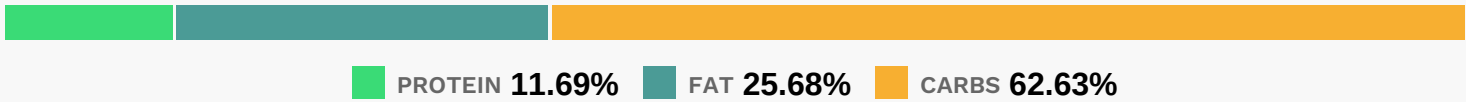
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth and 1/4 teaspoon salt to a boil in a medium saucepan.
- ☐ Add quinoa. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Let stand 5 minutes; fluff with a fork.
- ☐ Melt butter in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add leek, celery, remaining 1/4 teaspoon salt, pepper, and sage; cook 10 minutes or until tender, stirring occasionally.
- ☐ Add garlic; cook 1 minute. Stir in cooked quinoa, cherries, and walnuts; cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.92, Inflammation Score:-8, Nutrition Score:10.792173935019%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 182.46kcal (9.12%), Fat: 5.34g (8.22%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 25.58g (9.3%), Sugar: 7.82g (8.69%), Cholesterol: 3.76mg (1.25%), Sodium: 405.49mg (17.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Manganese: 0.82mg (40.79%), Vitamin A: 1189.26IU (23.79%), Vitamin K: 22.39µg (21.33%), Folate: 72.87µg (18.22%), Magnesium: 61.46mg (15.37%), Fiber: 3.73g (14.94%), Phosphorus: 135.32mg (13.53%), Iron: 2.29mg (12.71%), Vitamin B6: 0.25mg (12.7%), Copper: 0.25mg (12.69%), Vitamin B1: 0.12mg (8.2%), Potassium: 253.94mg (7.26%), Vitamin C: 5.82mg (7.05%), Vitamin E: 1mg (6.64%), Vitamin B2: 0.1mg (6.11%), Calcium: 57.56mg (5.76%), Zinc: 0.86mg (5.76%), Selenium: 3.92µg (5.6%), Vitamin B3: 0.88mg (4.42%), Vitamin B5: 0.34mg (3.41%), Vitamin B12: 0.12µg (1.94%)