

Quinoa Timbales



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apricots dried diced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 9 cherry tomatoes halved
- ☐ 0.3 cup currants dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons green onions minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups quinoa rinsed uncooked drained
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons walnuts finely chopped
- ☐ 2 cups water

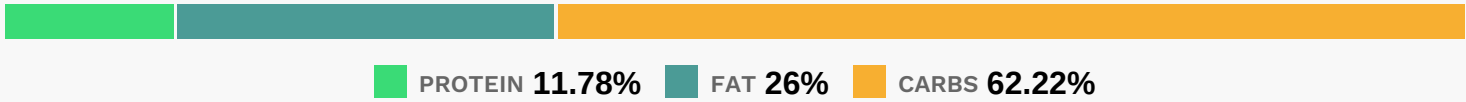
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Bring water to a boil in a medium saucepan; add quinoa, currants, and apricots. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- ☐ Remove from heat; let stand, covered, 5 minutes. Fluff with a fork.
- ☐ Combine the oil, lemon juice, salt, pepper, and cumin in a large bowl, and stir well with a whisk.
- ☐ Add the parsley, walnuts, and onions; stir well. Stir in the quinoa mixture.
- ☐ Place 3 cherry tomato halves, cut sides down, in the bottom of each of 6 (6-ounce) ramekins or custard cups coated with cooking spray. Pack about 1/2 cup quinoa mixture into each ramekin. Immediately invert the ramekins onto individual plates.

Nutrition Facts



Properties

Glycemic Index:29.9, Glycemic Load:2.57, Inflammation Score:-7, Nutrition Score:14.708260888639%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg

Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 242.1kcal (12.1%), Fat: 7.21g (11.09%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 34.51g (12.55%), Sugar: 8.71g (9.68%), Cholesterol: 0mg (0%), Sodium: 208.65mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Manganese: 1.08mg (53.81%), Vitamin K: 47.92µg (45.64%), Magnesium: 98.89mg (24.72%), Folate: 91.56µg (22.89%), Phosphorus: 227.54mg (22.75%), Copper: 0.39mg (19.28%), Fiber: 4.29g (17.17%), Iron: 2.77mg (15.4%), Vitamin B6: 0.28mg (14.06%), Potassium: 458.31mg (13.09%), Vitamin C: 10.64mg (12.9%), Vitamin B1: 0.19mg (12.76%), Vitamin E: 1.82mg (12.12%), Vitamin A: 564.52IU (11.29%), Zinc: 1.56mg (10.37%), Vitamin B2: 0.17mg (9.76%), Selenium: 4.1µg (5.86%), Vitamin B3: 1.14mg (5.69%), Calcium: 44.71mg (4.47%), Vitamin B5: 0.43mg (4.26%)