



HEALTH SCORE

62%

Quinoa Vegetable Medley



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



330 kcal

SIDE DISH

Ingredients



1 cup baby spinach leaves



15 ounce garbanzo beans drained and rinsed canned



2 stalks celery chopped



3 cloves garlic minced to taste



1 teaspoon ground pepper black



1 cup mushrooms sliced



1 tablespoon olive oil



1 cup quinoa rinsed

- ☐ 0.5 teaspoon sea salt
- ☐ 1 onion sweet chopped vidalia® such as
- ☐ 1.3 cups vegetable broth
- ☐ 1 small zucchini chopped

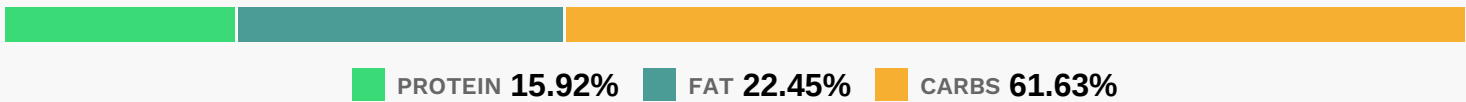
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan over medium heat; cook and stir the onion until translucent, about 5 minutes, then stir in garlic and quinoa. Reduce heat to medium-low; cook and stir the mixture until the quinoa becomes light brown in color and has a toasted fragrance, 5 to 7 minutes. Slowly pour in the stock, stirring constantly. Bring the mixture back to a boil over medium heat, and stir in the zucchini, mushrooms, and celery; season to taste with salt and black pepper. Reduce heat to medium-low, and allow the mixture to simmer, stirring occasionally, until the vegetables are tender, about 15 minutes. Stir in the baby spinach and garbanzo beans, and simmer until quinoa is tender, 10 to 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:64.58, Glycemic Load:4.98, Inflammation Score:-9, Nutrition Score:24.315217493669%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

Nutrients (% of daily need)

Calories: 330.47kcal (16.52%), Fat: 8.49g (13.06%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 52.43g (17.48%), Net Carbohydrates: 42.84g (15.58%), Sugar: 6.32g (7.02%), Cholesterol: 0mg (0%), Sodium: 914.76mg (39.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.08%), Manganese: 2.05mg (102.5%), Vitamin B6:

0.95mg (47.46%), Vitamin K: 46.57µg (44.35%), Folate: 156.87µg (39.22%), Fiber: 9.59g (38.36%), Phosphorus: 346.17mg (34.62%), Magnesium: 136.9mg (34.22%), Copper: 0.58mg (29.1%), Iron: 4.05mg (22.48%), Potassium: 753.76mg (21.54%), Vitamin A: 1034.16IU (20.68%), Vitamin B2: 0.32mg (18.87%), Vitamin B1: 0.27mg (17.92%), Zinc: 2.48mg (16.51%), Vitamin C: 13.29mg (16.11%), Selenium: 8.94µg (12.78%), Vitamin B5: 1.22mg (12.21%), Vitamin E: 1.81mg (12.06%), Vitamin B3: 2.03mg (10.17%), Calcium: 101.1mg (10.11%)