



## Quinoa with Asian Flavors

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

### Ingredients

- 2 cups chicken broth
- 1 tablespoon ginger root fresh minced
- 1 clove garlic minced
- 2 green onions chopped
- 1 tablespoon olive oil extra-virgin
- 1 cup quinoa
- 2 tablespoons soya sauce

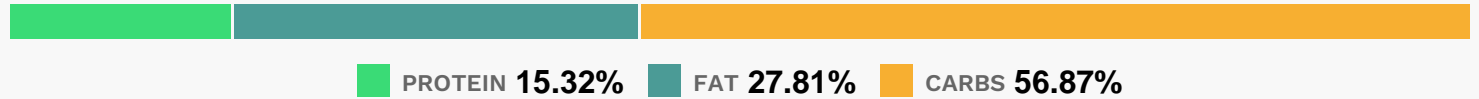
### Equipment

sauce pan

## Directions

Heat olive oil in a saucepan over medium heat. Stir in quinoa and allow to toast for 2 to 3 minutes, then add chicken broth, soy sauce, ginger and garlic. Increase heat and bring to a boil. Cover and reduce heat to low. Simmer until all liquid has been absorbed, 25 to 30 minutes. Fluff quinoa with fork and top with green onions before serving.

## Nutrition Facts



## Properties

Glycemic Index:23, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:11.291739059531%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 204.23kcal (10.21%), Fat: 6.36g (9.79%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 26.03g (9.47%), Sugar: 0.84g (0.93%), Cholesterol: 2.35mg (0.78%), Sodium: 942.17mg (40.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.78%), Manganese: 0.99mg (49.46%), Magnesium: 90.64mg (22.66%), Phosphorus: 214.59mg (21.46%), Folate: 83.88µg (20.97%), Copper: 0.29mg (14.59%), Vitamin K: 14.54µg (13.85%), Vitamin B2: 0.22mg (13.2%), Iron: 2.37mg (13.17%), Fiber: 3.25g (13.02%), Vitamin B1: 0.19mg (12.55%), Vitamin B6: 0.24mg (12.04%), Vitamin E: 1.63mg (10.84%), Zinc: 1.48mg (9.84%), Potassium: 306.37mg (8.75%), Vitamin B3: 1.31mg (6.54%), Selenium: 4.31µg (6.16%), Vitamin B5: 0.38mg (3.85%), Calcium: 32.47mg (3.25%), Vitamin C: 1.45mg (1.76%), Vitamin A: 68.19IU (1.36%)