



WHATSheATE



Quinoa with Black Beans and Hominy



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



459 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons agave nectar
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 head boston lettuce separated
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup grapeseed oil
- ☐ 1 tablespoon ground cumin

- ☐ 30 ounce hominy rinsed drained canned
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 lemon zest
- ☐ 2 tablespoons juice of lime fresh (from 2 large limes)
- ☐ 2 cups chicken broth low-sodium
- ☐ 1.5 cups quinoa

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ For the quinoa: In a 2-quart saucepan, bring the quinoa, chicken broth, salt and lemon zest to a boil over medium-high heat. Reduce the heat, cover the pot and simmer until the liquid has been absorbed and the quinoa is tender, about 20 minutes.
- ☐ Remove the pan from the heat and allow to rest for 10 minutes.
- ☐ For the dressing: In a small bowl, whisk together the grapeseed oil, agave, lime juice, vinegar, cumin, salt and pepper until smooth.
- ☐ In a serving bowl, combine the quinoa, hominy, black beans and cilantro.
- ☐ Add the dressing and toss until coated. Season with salt and pepper. Spoon into the lettuce leaves and serve.

Nutrition Facts



 PROTEIN **12.57%**  FAT **27.05%**  CARBS **60.38%**

Properties

Glycemic Index:35, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:21.523478155551%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 458.53kcal (22.93%), Fat: 13.93g (21.44%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 69.98g (23.33%), Net Carbohydrates: 57.95g (21.07%), Sugar: 10.24g (11.38%), Cholesterol: 0mg (0%), Sodium: 1372.37mg (59.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.14%), Manganese: 1.25mg (62.29%), Fiber: 12.02g (48.1%), Folate: 147.01µg (36.75%), Phosphorus: 359.67mg (35.97%), Magnesium: 140.47mg (35.12%), Vitamin K: 32.89µg (31.32%), Iron: 5.39mg (29.97%), Vitamin E: 3.94mg (26.27%), Copper: 0.49mg (24.51%), Zinc: 3.39mg (22.57%), Vitamin B1: 0.29mg (19.57%), Vitamin A: 971.65IU (19.43%), Potassium: 636.24mg (18.18%), Vitamin B2: 0.29mg (17.22%), Vitamin B6: 0.32mg (15.86%), Selenium: 9.21µg (13.16%), Vitamin B3: 2.45mg (12.23%), Vitamin C: 7.75mg (9.39%), Calcium: 84.86mg (8.49%), Vitamin B5: 0.73mg (7.33%), Vitamin B12: 0.08µg (1.31%)