



Quinoa with Broccoli, Cheese & Bacon

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups broccoli florets chopped
- 0.5 cup milk cheddar cheese shredded 2% kraft
- 14 oz chicken broth fat-free reduced-sodium canned
- 2 tsp olive oil
- 1 cup quinoa uncooked
- 1 small onion sweet chopped
- 2 slices oscar mayer turkey bacon cooked chopped

Equipment

sauce pan

Directions

Heat oil in large saucepan on medium heat.

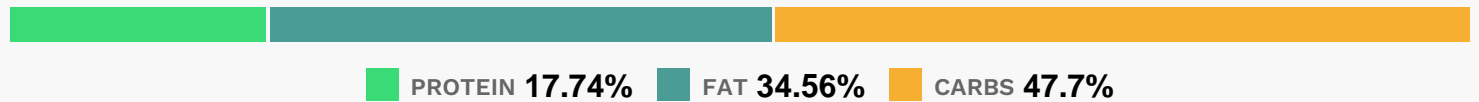
Add onions; cook and stir 4 min. or until crisp-tender.

Add quinoa; cook and stir 1 min.

Add broth; stir. Bring to boil; cover. Simmer on medium-low heat 18 min. or until quinoa is tender. Stir in broccoli; simmer, covered, 2 to 3 min. or until broth is absorbed and broccoli is crisp-tender.

Top with cheese and bacon.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.0347826228194%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 30.66kcal (1.53%), Fat: 1.2g (1.84%), Saturated Fat: 0.4g (2.47%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.23g (1.18%), Sugar: 0.51g (0.57%), Cholesterol: 2.1mg (0.7%), Sodium: 68.2mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Vitamin C: 4.46mg (5.4%), Manganese: 0.1mg (5.17%), Vitamin K: 4.88µg (4.65%), Phosphorus: 35.44mg (3.54%), Folate: 13.05µg (3.26%), Magnesium: 10.76mg (2.69%), Vitamin B6: 0.04mg (2.2%), Fiber: 0.49g (1.96%), Selenium: 1.32µg (1.88%), Vitamin B2: 0.03mg (1.79%), Copper: 0.04mg (1.77%), Calcium: 16.24mg (1.62%), Zinc: 0.24mg (1.57%), Potassium: 54.98mg (1.57%), Vitamin B1: 0.02mg (1.56%), Iron: 0.28mg (1.56%), Vitamin E: 0.19mg (1.27%)