



 **69%**  
HEALTH SCORE

## Quinoa with Carrots and Raisins

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



373 kcal

SIDE DISH

### Ingredients

- 2 carrots grated
- 0.8 cup cilantro leaves chopped
- 0.3 cup olive oil
- 1.5 cups orange juice
- 1 tablespoon pumpkin pie spice
- 1.5 cups quinoa
- 1.3 cups raisins
- 1.5 cups water

1 onion diced yellow

## Equipment

sauce pan

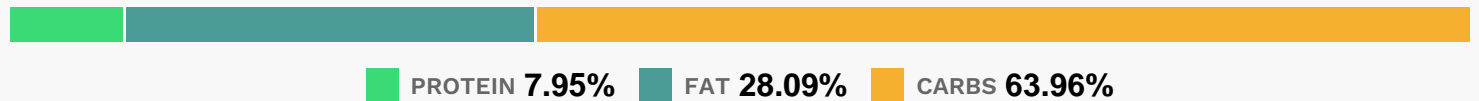
## Directions

Heat olive oil in a large saucepan over medium heat. Cook and stir onion, carrots, raisins, and pumpkin pie spice until onion becomes golden, about 5 minutes. Stir in quinoa and cilantro and allow to toast for a few minutes.

Pour orange juice and water in and stir well, bringing to a boil. Reduce heat cook until all the liquid is absorbed, about 15 minutes.

Remove from heat and let stand for 5 minutes, then add walnuts. Fluff with a fork and serve.

## Nutrition Facts



## Properties

Glycemic Index:36.11, Glycemic Load:17.05, Inflammation Score:-10, Nutrition Score:19.608695921691%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

## Nutrients (% of daily need)

Calories: 372.83kcal (18.64%), Fat: 12.07g (18.57%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 61.85g (20.62%), Net Carbohydrates: 55.61g (20.22%), Sugar: 7.04g (7.83%), Cholesterol: 0mg (0%), Sodium: 30.54mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.37%), Vitamin A: 3664.77IU (73.3%), Manganese: 1.17mg (58.65%), Vitamin C: 35.96mg (43.59%), Folate: 106.53µg (26.63%), Magnesium: 106.35mg (26.59%), Fiber: 6.24g (24.95%), Phosphorus: 241.99mg (24.2%), Potassium: 721.47mg (20.61%), Copper: 0.4mg (20.22%), Iron: 3.23mg (17.95%), Vitamin B1: 0.27mg (17.81%), Vitamin B6: 0.35mg (17.28%), Vitamin E: 2.57mg (17.1%), Vitamin K: 14.72µg (14.02%), Vitamin B2: 0.23mg (13.53%), Zinc: 1.52mg (10.15%), Vitamin B3: 1.5mg (7.48%), Selenium: 4.08µg

(5.83%), Calcium: 56.2mg (5.62%), Vitamin B5: 0.55mg (5.49%)