



 **69%**
HEALTH SCORE

Quinoa with Chicken and Lentils

 **Gluten Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons almonds toasted sliced
- 15 ounce lentils rinsed canned
- 2 cloves garlic chopped
- 0.3 cup percent greek yogurt
- 2 cups green beans whole frozen
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 0.5 juice of lemon

- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil
- 1 small onion finely chopped
- 1 cup quinoa
- 1 cup rotisserie chicken cut shredded skinless white with

Equipment

- bowl
- frying pan
- sauce pan
- oven
- sieve
- microwave

Directions

- Put the quinoa in a fine mesh strainer and rinse under cold running water until the water runs clear. Bring a small saucepan of water to a boil, add the quinoa and cook until it is translucent and tender and the threadlike germ wraps around each kernel, 8 to 12 minutes. Strain the quinoa well, return it to the saucepan and stir in the lentils; cover and keep warm.
- Heat the oil in a large nonstick skillet over medium-high heat.
- Add the onions and cook, stirring frequently, until deep golden brown, 5 to 7 minutes.
- Add the garlic, cumin, cinnamon, lemon zest, 3/4 teaspoon salt and a few grinds of pepper and stir until toasted and fragrant, about 1 minute.
- Add 1/2 cup water and scrape up any brown bits.
- Add the chicken, bring to a simmer and cook until almost all of the liquid evaporates and the chicken is moistened, about 2 minutes.
- Meanwhile, put the green beans in a microwave-safe bowl with 1 tablespoon water. Cover and microwave until hot, about 3 minutes
- Add the chicken-onion mixture, lemon juice and 1/4 teaspoon salt to the quinoa-lentil mixture and stir to combine. Divide among four bowls. Top each with greens beans, almonds and a dollop of yogurt.

Nutrition Facts

PROTEIN 26.94% FAT 30% CARBS 43.06%

Properties

Glycemic Index:46.17, Glycemic Load:5.51, Inflammation Score:-8, Nutrition Score:26.745652198792%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 516.86kcal (25.84%), Fat: 17.63g (27.12%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 56.92g (18.97%), Net Carbohydrates: 42.89g (15.6%), Sugar: 5.21g (5.79%), Cholesterol: 57.41mg (19.14%), Sodium: 219.36mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.62g (71.24%), Manganese: 1.74mg (87.23%), Folate: 296.05µg (74.01%), Fiber: 14.03g (56.14%), Phosphorus: 458.02mg (45.8%), Magnesium: 155.12mg (38.78%), Iron: 6.71mg (37.28%), Copper: 0.63mg (31.38%), Vitamin K: 30.04µg (28.61%), Vitamin B1: 0.41mg (27.07%), Vitamin B6: 0.53mg (26.64%), Vitamin E: 3.7mg (24.68%), Potassium: 848.73mg (24.25%), Vitamin B2: 0.37mg (21.82%), Zinc: 3.1mg (20.67%), Vitamin C: 11.57mg (14.02%), Selenium: 8.7µg (12.44%), Vitamin B5: 1.23mg (12.33%), Vitamin B3: 2.45mg (12.23%), Calcium: 102.49mg (10.25%), Vitamin A: 402.85IU (8.06%), Vitamin B12: 0.09µg (1.46%)