



Quinoa with Chicken, Asparagus and Red Peppers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 spears asparagus fresh trimmed cut into 1-inch pieces
- 2 cups chicken broth
- 1 cup quinoa
- 0.5 bell pepper red chopped
- 3 chicken breast halves boneless skinless cut into 1-inch pieces
- 1 tablespoon vegetable oil

Equipment

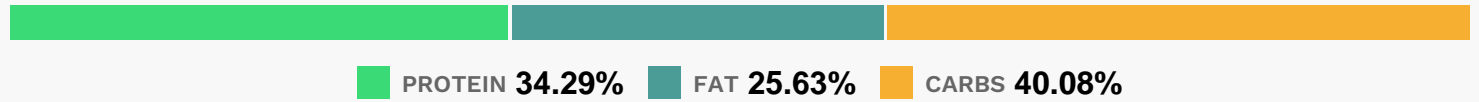
frying pan

sauce pan

Directions

- Stir quinoa and chicken broth together in a saucepan and bring to a boil. Reduce heat to medium-low and simmer until the quinoa has absorbed the chicken broth, about 15 minutes.
- Heat vegetable oil in a large skillet over medium heat and cook and stir the chicken breast pieces in the hot oil until no longer pink inside, about 5 minutes. Stir asparagus and red bell pepper into the skillet and cook and stir until barely tender, about 3 more minutes.
- Lightly mix cooked quinoa into the chicken and vegetables until thoroughly combined, heat for 1 to 2 minutes, and serve.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:22.137826009937%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 300.39kcal (15.02%), Fat: 8.5g (13.08%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 25.96g (9.44%), Sugar: 1.73g (1.92%), Cholesterol: 56.59mg (18.86%), Sodium: 537.59mg (23.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.6g (51.19%), Vitamin B3: 10.2mg (51.01%), Manganese: 1mg (49.9%), Vitamin B6: 0.91mg (45.71%), Selenium: 31.95µg (45.65%), Phosphorus: 397.41mg (39.74%), Magnesium: 113.2mg (28.3%), Vitamin C: 21.85mg (26.48%), Folate: 105.07µg (26.27%), Vitamin B2: 0.35mg (20.41%), Vitamin K: 20.46µg (19.49%), Potassium: 670.03mg (19.14%), Vitamin B1: 0.29mg (19.05%), Copper: 0.35mg (17.71%), Iron: 3.09mg (17.15%), Vitamin B5: 1.68mg (16.81%), Fiber: 3.96g (15.84%), Vitamin A: 741.38IU (14.83%), Vitamin E: 2.12mg (14.13%), Zinc: 2.1mg (14.01%), Calcium: 37.63mg (3.76%), Vitamin B12: 0.19µg (3.22%)