



64%
HEALTH SCORE

Quinoa with Chickpeas and Tomatoes

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



40 min.

SERVINGS



3

CALORIES



318 kcal

SIDE DISH

Ingredients

- 1 cup garbanzo beans canned drained (chickpeas)
- 0.5 teaspoon parsley fresh chopped
- 1 clove garlic minced
- 0.5 teaspoon ground cumin
- 3 tablespoons juice of lime
- 4 teaspoons olive oil
- 1 cup quinoa
- 0.1 teaspoon salt

- 1 pinch salt and pepper to taste
- 1 tomatoes chopped
- 1.8 cups water

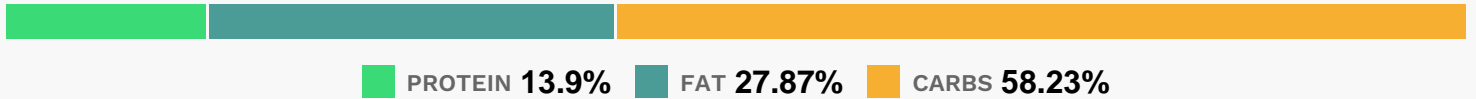
Equipment

- sauce pan
- sieve

Directions

- Place the quinoa in a fine mesh strainer, and rinse under cold, running water until the water no longer foams. Bring the quinoa, salt, and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes.
- Once done, stir in the garbanzo beans, tomatoes, garlic, lime juice, and olive oil. Season with cumin, salt, and pepper.
- Sprinkle with chopped fresh parsley to serve.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:2.52, Inflammation Score:-7, Nutrition Score:17.847826004028%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 317.66kcal (15.88%), Fat: 10.01g (15.4%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 47.07g (15.69%), Net Carbohydrates: 40.09g (14.58%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 274.72mg (11.94%), Alcohol: 0g (100%), Protein: 11.24g (22.48%), Manganese: 1.68mg (83.84%), Magnesium: 134.96mg (33.74%), Phosphorus:

317.84mg (31.78%), Folate: 125.67µg (31.42%), Vitamin B6: 0.59mg (29.35%), Fiber: 6.98g (27.92%), Copper: 0.47mg (23.71%), Iron: 3.66mg (20.31%), Vitamin B1: 0.24mg (16.3%), Vitamin E: 2.42mg (16.11%), Zinc: 2.26mg (15.05%), Potassium: 522.61mg (14.93%), Vitamin C: 10.53mg (12.77%), Vitamin B2: 0.2mg (11.8%), Selenium: 6.08µg (8.69%), Vitamin A: 370.89IU (7.42%), Vitamin B5: 0.66mg (6.62%), Vitamin K: 6.85µg (6.52%), Calcium: 61.16mg (6.12%), Vitamin B3: 1.22mg (6.1%)