



Quinoa with Corn, Scallions, and Mint

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



233 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 4 ears corn
- 0.5 cup mint leaves fresh chopped
- 1 tablespoon honey
- 2 tablespoons juice of lemon fresh
- 1 tablespoon lemon zest fresh finely grated (from 2 lemons)
- 10 oz quinoa
- 0.5 teaspoon salt

- 4 spring onion chopped
- 0.3 cup butter unsalted melted

Equipment

- bowl
- knife
- whisk
- pot
- sieve
- kitchen towels
- tongs
- cutting board

Directions

- Put corn in a 5- to 6-quart wide pot, then add water to cover and bring to a boil, covered.
- Remove from heat and let stand, covered, 5 minutes.
- Transfer corn with tongs to a cutting board. When cool enough to handle, cut kernels off cobs with a large heavy knife.
- Meanwhile, whisk together lemon zest and juice, butter, honey, salt, and pepper in a large bowl until combined.
- Wash quinoa in 3 changes of cold water in a bowl, draining in a large sieve each time.
- Cook quinoa in a 4- to 5-quart pot of boiling salted water, uncovered, until almost tender, about 10 minutes.
- Drain in sieve, then set sieve over same pot with 1 inch of simmering water (water should not touch bottom of sieve). Cover quinoa with a folded kitchen towel, then cover sieve with a lid (don't worry if lid doesn't fit tightly) and steam until quinoa is tender, fluffy, and dry, about 5 minutes.
- Remove from heat and let stand (still covered) 5 minutes.
- Add quinoa to dressing and toss until dressing is absorbed, then stir in corn, scallions, mint, and salt and pepper to taste.

Nutrition Facts

PROTEIN 11.19% FAT 31.77% CARBS 57.04%

Properties

Glycemic Index:14.53, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:11.421739117607%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 233.17kcal (11.66%), Fat: 8.56g (13.17%), Saturated Fat: 4.05g (25.32%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 30.72g (11.17%), Sugar: 5.24g (5.82%), Cholesterol: 15.25mg (5.08%), Sodium: 156.68mg (6.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.58%), Manganese: 0.85mg (42.38%), Folate: 92.27µg (23.07%), Magnesium: 90.55mg (22.64%), Phosphorus: 208.57mg (20.86%), Fiber: 3.87g (15.49%), Vitamin B1: 0.2mg (13.65%), Copper: 0.25mg (12.6%), Vitamin K: 13.15µg (12.53%), Iron: 2.11mg (11.74%), Vitamin B6: 0.23mg (11.29%), Potassium: 362.56mg (10.36%), Zinc: 1.38mg (9.18%), Vitamin C: 7.51mg (9.11%), Vitamin B2: 0.15mg (9.08%), Vitamin A: 446.62IU (8.93%), Vitamin E: 1.1mg (7.35%), Vitamin B3: 1.43mg (7.14%), Vitamin B5: 0.63mg (6.28%), Selenium: 3.42µg (4.89%), Calcium: 32.17mg (3.22%)