



Quinoa with Dried Cherries and Pistachios



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup dry-roasted pistachios chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1.8 cups quinoa uncooked

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shallots finely chopped
- ☐ 0.5 cup cherries dried sweet chopped
- ☐ 2 cups water

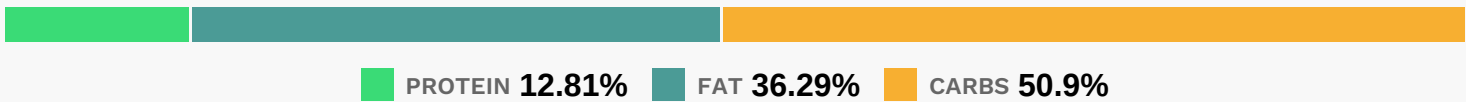
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Rinse and drain quinoa.
- ☐ Heat 2 teaspoons oil in a large saucepan over medium-high heat.
- ☐ Add shallots to pan; saut 2 minutes or until tender.
- ☐ Add 2 cups water, wine, and salt to pan; bring to a boil.
- ☐ Add quinoa; cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and quinoa is tender.
- ☐ Remove from heat; set aside, and cool slightly.
- ☐ Combine remaining 2 tablespoons olive oil, lemon juice, and pepper in a large bowl; stir with a whisk.
- ☐ Add quinoa, cherries, and remaining ingredients; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:12.849565215733%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 4.12mg, Apigenin: 4.12mg, Apigenin: 4.12mg, Apigenin: 4.12mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 260.87kcal (13.04%), Fat: 10.46g (16.1%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 28.6g (10.4%), Sugar: 4.93g (5.48%), Cholesterol: 0mg (0%), Sodium: 192.38mg (8.36%), Alcohol: 1.03g (100%), Alcohol %: 0.93% (100%), Protein: 8.31g (16.62%), Manganese: 1mg (50.13%), Vitamin K: 33.03µg (31.46%), Magnesium: 94.84mg (23.71%), Folate: 84.48µg (21.12%), Phosphorus: 210.69mg (21.07%), Fiber: 4.43g (17.72%), Copper: 0.28mg (14.1%), Vitamin E: 1.9mg (12.65%), Iron: 2.26mg (12.56%), Vitamin B6: 0.25mg (12.45%), Vitamin B1: 0.16mg (10.34%), Vitamin B3: 1.99mg (9.94%), Zinc: 1.49mg (9.9%), Vitamin A: 492.66IU (9.85%), Potassium: 313.51mg (8.96%), Vitamin B2: 0.15mg (8.56%), Vitamin C: 5.42mg (6.57%), Selenium: 4.1µg (5.86%), Vitamin B5: 0.45mg (4.54%), Calcium: 40.54mg (4.05%)