



HEALTH SCORE

100%

Quinoa with Feta & Vegetables



Vegetarian



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots shredded
- 2 cups chicken broth fat-free reduced-sodium
- 0.3 cup athenos feta cheese with basil & tomato crumbled
- 1 clove garlic minced
- 1 cup quinoa uncooked
- 2 cups tightly spinach fresh packed chopped
- 0.3 cup greek vinaigrette with feta cheese and oregano dressing made with extra virgin olive oil kraft
- 1 small zucchini shredded

Equipment

- bowl
- sauce pan

Directions

- Bring broth and quinoa to boil in saucepan on high heat; simmer on medium-low heat 15 min. or until liquid is absorbed.
- Combine spinach, carrots, zucchini and garlic in large bowl.
- Add quinoa; mix lightly. Cool.
- Stir in dressing; top with cheese.

Nutrition Facts



Properties

Glycemic Index:150.83, Glycemic Load:5.19, Inflammation Score:-10, Nutrition Score:63.148695406706%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 4.13mg, Kaempferol: 4.13mg, Kaempferol: 4.13mg, Kaempferol: 4.13mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 1308.84kcal (65.44%), Fat: 74.07g (113.96%), Saturated Fat: 13.82g (86.36%), Carbohydrates: 129.69g (43.23%), Net Carbohydrates: 111.81g (40.66%), Sugar: 9.7g (10.77%), Cholesterol: 33.38mg (11.13%), Sodium: 2435.47mg (105.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.25g (72.5%), Vitamin A: 26425.84IU (528.52%), Vitamin K: 344.21µg (327.82%), Manganese: 4.49mg (224.41%), Folate: 497.33µg (124.33%), Magnesium: 430.6mg (107.65%), Phosphorus: 1074.74mg (107.47%), Vitamin E: 14.16mg (94.39%), Vitamin B6: 1.57mg (78.27%), Vitamin B2: 1.25mg (73.58%), Fiber: 17.88g (71.52%), Copper: 1.31mg (65.28%), Iron: 11.43mg (63.5%), Potassium: 2162.3mg (61.78%), Vitamin B1: 0.89mg (59.2%), Vitamin C: 46.12mg (55.9%), Zinc: 7.46mg (49.76%), Selenium: 31.45µg (44.92%), Calcium: 407.45mg (40.74%), Vitamin B3: 7.68mg (38.38%), Vitamin B5: 2.85mg (28.5%), Vitamin B12: 1.54µg (25.7%)