



Quinoa with Leeks and Shiitake Mushrooms



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 cups leek thinly sliced 2 large
- ☐ 1 tablespoon olive oil divided
- ☐ 1.5 cups quinoa rinsed uncooked
- ☐ 1.5 cups bell pepper red chopped
- ☐ 0.5 teaspoon salt divided

- ☐ 8 ounces shiitake mushroom caps thinly sliced
- ☐ 2 cups less-sodium vegetable broth fat-free organic such as Swanson Certified
- ☐ 0.5 cup walnuts coarsely chopped
- ☐ 1 cup water

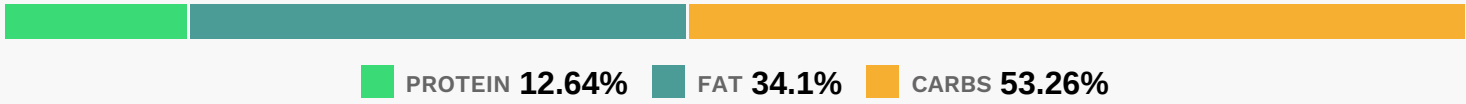
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine broth, water, and 1/4 teaspoon salt in a large saucepan; bring to a boil. Stir in quinoa. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Stir in 3 tablespoons parsley, 1 1/2 teaspoons oil, and 1/8 teaspoon black pepper.
- ☐ Remove from heat; keep warm.
- ☐ Heat remaining 1 1/2 teaspoons oil in a medium nonstick skillet over medium-high heat.
- ☐ Add leek; saut 6 minutes or until wilted.
- ☐ Add mushroom caps, bell pepper, and wine; cook 2 minutes or until vegetables are tender. Stir in remaining 1/4 teaspoon salt and 1/8 teaspoon black pepper.
- ☐ Place 1 cup quinoa in each of 4 shallow bowls; top each with 1 1/4 cups vegetable mixture and 2 tablespoons walnuts.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:4.44, Inflammation Score:-10, Nutrition Score:35.970000007878%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin:

0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 456.9kcal (22.85%), Fat: 17.58g (27.04%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 61.76g (20.59%), Net Carbohydrates: 51.89g (18.87%), Sugar: 7.36g (8.17%), Cholesterol: 0mg (0%), Sodium: 320.34mg (13.93%), Alcohol: 1.54g (100%), Alcohol %: 0.43% (100%), Protein: 14.67g (29.33%), Manganese: 2.35mg (117.42%), Vitamin C: 83.71mg (101.47%), Vitamin K: 86.08µg (81.98%), Vitamin A: 3127.42IU (62.55%), Folate: 212.16µg (53.04%), Magnesium: 189.24mg (47.31%), Phosphorus: 447.97mg (44.8%), Vitamin B6: 0.88mg (44.19%), Copper: 0.8mg (39.76%), Fiber: 9.87g (39.48%), Iron: 5.47mg (30.41%), Vitamin B2: 0.42mg (24.74%), Potassium: 862.85mg (24.65%), Vitamin E: 3.68mg (24.55%), Vitamin B1: 0.36mg (24.1%), Zinc: 3.29mg (21.93%), Vitamin B3: 4.2mg (21.01%), Vitamin B5: 1.72mg (17.17%), Selenium: 10.12µg (14.45%), Calcium: 96.76mg (9.68%), Vitamin D: 0.23µg (1.51%)