



Quinoa with Mango and Curried Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons curry powder
- ☐ 1 teaspoon ginger fresh finely grated peeled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 pound mangos pitted peeled cut into 1/2-inch chunks (2 cups)
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.3 cup yogurt plain

- ☐ 7.5 ounce quinoa
- ☐ 1 bell pepper red cut into 1/4-inch dice
- ☐ 2.5 ounces roasted peanuts salted chopped
- ☐ 0.8 teaspoon salt

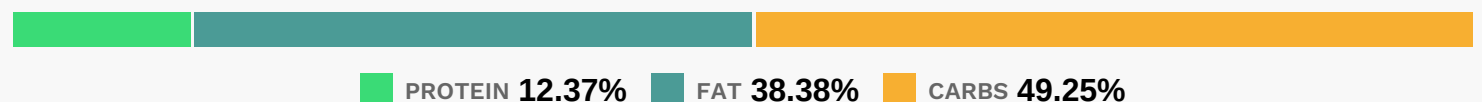
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ kitchen towels

Directions

- ☐ Whisk together yogurt, lime juice, curry powder, ginger, salt, and pepper in a large bowl.
- ☐ Add oil in a slow stream, whisking until combined.
- ☐ Rinse quinoa in a bowl using 5 changes of water, rubbing grains and letting them settle before pouring off water (if quinoa does not settle, drain in a large sieve after each rinsing).
- ☐ Cook quinoa in a 4- to 5-quart pot of boiling salted water 10 minutes.
- ☐ Drain in a large sieve and rinse under cold running water.
- ☐ Set sieve with quinoa over a saucepan containing 1 1/2 inches boiling water (sieve should not touch water) and steam quinoa, covered with a kitchen towel and lid, until fluffy and dry, 10 to 12 minutes. Toss quinoa with curried yogurt and remaining ingredients in a large bowl.
- ☐ Serve warm or at room temperature.
- ☐ *Available at specialty foods shops, natural foods stores, and ethnicgrocer.com (866-438-4642).

Nutrition Facts



Properties

Glycemic Index:25.79, Glycemic Load:5.64, Inflammation Score:-9, Nutrition Score:18.316087086564%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 303.89kcal (15.19%), Fat: 13.52g (20.8%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 39.05g (13.02%), Net Carbohydrates: 33.43g (12.16%), Sugar: 11.89g (13.21%), Cholesterol: 1.77mg (0.59%), Sodium: 352.65mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.61%), Vitamin C: 54.61mg (66.19%), Manganese: 1.14mg (56.98%), Folate: 126.85µg (31.71%), Vitamin A: 1571.88IU (31.44%), Magnesium: 105.42mg (26.35%), Phosphorus: 241.08mg (24.11%), Fiber: 5.62g (22.47%), Copper: 0.39mg (19.6%), Vitamin B6: 0.37mg (18.37%), Vitamin E: 2.75mg (18.35%), Vitamin B3: 3.09mg (15.43%), Potassium: 511.11mg (14.6%), Vitamin B1: 0.21mg (13.69%), Iron: 2.44mg (13.57%), Vitamin B2: 0.2mg (11.58%), Zinc: 1.59mg (10.62%), Vitamin B5: 0.72mg (7.16%), Selenium: 4.79µg (6.85%), Calcium: 64.86mg (6.49%), Vitamin K: 5.02µg (4.78%)