

Quinoa with Peas

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2 cups chicken broth
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 cup onion chopped
- ☐ 0.8 cup peas frozen

- ☐ 0.5 cup pecorino romano cheese divided grated locatelli® (such as)
- ☐ 1 cup quinoa uncooked

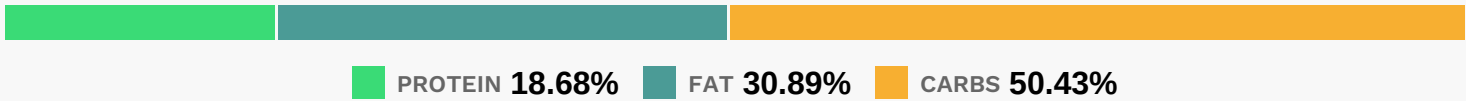
Equipment

- ☐ sauce pan

Directions

- ☐ Melt the butter in a saucepan over medium heat. Stir in the quinoa, and cook 2 minutes until toasted.
- ☐ Pour in the chicken broth, onion, garlic, thyme, and black pepper. Cover, and let come to a boil. Once boiling, stir in the frozen peas. Recover, reduce heat to medium-low, and continue simmering until the quinoa is tender and has absorbed the chicken stock, 15 to 20 minutes.
- ☐ Stir in half of the Pecorino Romano cheese and the parsley until evenly mixed. Scoop the quinoa into a serving dish, and sprinkle with the remaining Pecorino Romano cheese to serve.

Nutrition Facts



Properties

Glycemic Index:47.89, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:11.136086936878%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 177.27kcal (8.86%), Fat: 6.12g (9.42%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 19.22g (6.99%), Sugar: 1.73g (1.92%), Cholesterol: 15.25mg (5.08%), Sodium: 409.1mg (17.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.67%), Manganese: 0.73mg (36.71%), Vitamin K: 27.02µg (25.73%), Phosphorus: 220.17mg (22.02%), Magnesium: 68.32mg (17.08%), Folate: 68.05µg (17.01%), Fiber: 3.27g (13.09%), Vitamin C: 10.21mg (12.37%), Vitamin B1: 0.18mg (11.69%), Calcium: 116.57mg (11.66%), Vitamin B2: 0.2mg (11.61%), Copper: 0.22mg (11.17%), Iron: 1.86mg (10.33%), Vitamin B6: 0.19mg (9.64%), Zinc: 1.41mg (9.43%),

Vitamin A: 366.33IU (7.33%), Potassium: 248.94mg (7.11%), Selenium: 4.39µg (6.28%), Vitamin E: 0.83mg (5.55%),
Vitamin B3: 1.03mg (5.13%), Vitamin B5: 0.3mg (3.03%), Vitamin B12: 0.11µg (1.88%)