



HEALTH SCORE

51%

Quinoa with Peppery Watercress, Pears, and Pomegranate



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

Ingredients

- ☐ 2 pears cored ripe peeled cut into 1/2-inch chunks
- ☐ 0.5 cup pomegranate arils (seeds)
- ☐ 2 tablespoons pomegranate juice (see note in post above)
- ☐ 1 cup quinoa uncooked
- ☐ 0.5 cup walnuts chopped
- ☐ 2 cups water
- ☐ 1 bunch watercress packed sliced (1-)

☐ 2 tablespoons citrus champagne vinegar

Equipment

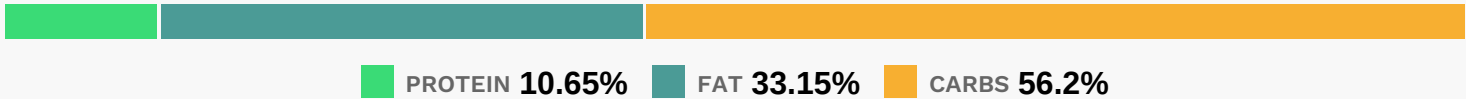
☐ bowl

☐ sauce pan

Directions

- ☐ Rinse the quinoa under cold running water and drain.
- ☐ Combine the water and quinoa in a medium saucepan and bring to a boil. Reduce the heat to a simmer, cover and cook until quinoa is tender and all the water is absorbed, about 15 to 20 minutes.
- ☐ Place the cooked quinoa in a large bowl with the watercress, pear chunks, pomegranate seeds, walnuts, juice, and vinegar. Stir to combine, then serve.

Nutrition Facts



Properties

Glycemic Index:38.94, Glycemic Load:6.2, Inflammation Score:-7, Nutrition Score:16.297391165858%

Flavonoids

Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 325.9kcal (16.29%), Fat: 12.51g (19.24%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 40.13g (14.59%), Sugar: 12.81g (14.24%), Cholesterol: 0mg (0%), Sodium: 13.67mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.09%), Manganese: 1.46mg (72.81%), Copper: 0.61mg (30.73%), Fiber: 7.57g (30.29%), Magnesium: 118.84mg (29.71%), Folate: 108.89µg (27.22%), Phosphorus: 268.05mg (26.81%), Vitamin K: 24.07µg (22.92%), Vitamin B6: 0.34mg (16.89%), Vitamin B1: 0.23mg (15.6%), Iron: 2.64mg (14.68%), Potassium: 494.76mg (14.14%), Zinc: 1.96mg (13.05%), Vitamin B2: 0.2mg (11.75%), Vitamin C: 8.84mg (10.72%), Vitamin E: 1.46mg (9.73%), Selenium: 4.6µg (6.57%), Vitamin B5: 0.57mg (5.73%), Calcium: 56.68mg (5.67%), Vitamin B3: 1.04mg (5.21%), Vitamin A: 230.56IU (4.61%)