



WHATSheATE



Quinoa with Roasted Garlic, Tomatoes, and Spinach

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup baby spinach leaves
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 garlic head whole
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon parmesan cheese fresh shaved

- ☐ 0.5 cup quinoa rinsed uncooked drained
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped
- ☐ 0.3 cup tomatoes seeded chopped (1 small)

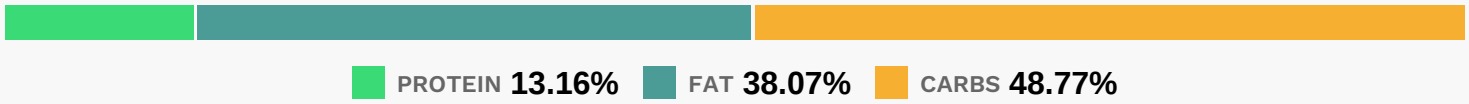
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Remove papery skin from garlic head.
- ☐ Cut garlic head in half crosswise, breaking apart to separate whole cloves. Wrap half of head in foil; reserve remaining garlic for another use.
- ☐ Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Heat oil in a saucepan over medium heat.
- ☐ Add shallots and red pepper to pan; cook 1 minute.
- ☐ Add quinoa to pan; cook 2 minutes, stirring constantly.
- ☐ Add wine; cook until liquid is absorbed, stirring constantly.
- ☐ Add broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- ☐ Remove from heat; stir in garlic pulp, spinach, tomato, cheese, and salt.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:7.6004347091784%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 125.75kcal (6.29%), Fat: 5.27g (8.11%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 13.34g (4.85%), Sugar: 0.69g (0.76%), Cholesterol: 0.85mg (0.28%), Sodium: 404.86mg (17.6%), Alcohol: 0.39g (100%), Alcohol %: 0.46% (100%), Protein: 4.1g (8.2%), Manganese: 0.51mg (25.65%), Vitamin K: 21.4µg (20.38%), Folate: 49.84µg (12.46%), Magnesium: 48.59mg (12.15%), Phosphorus: 120.54mg (12.05%), Vitamin A: 505.04IU (10.1%), Vitamin E: 1.22mg (8.12%), Copper: 0.15mg (7.74%), Vitamin B6: 0.15mg (7.61%), Fiber: 1.86g (7.43%), Iron: 1.29mg (7.17%), Vitamin B1: 0.09mg (6.13%), Potassium: 204.69mg (5.85%), Vitamin B2: 0.1mg (5.66%), Zinc: 0.77mg (5.16%), Selenium: 3.54µg (5.06%), Vitamin C: 3.19mg (3.87%), Vitamin B3: 0.77mg (3.86%), Calcium: 35.17mg (3.52%), Vitamin B5: 0.27mg (2.66%), Vitamin B12: 0.13µg (2.14%)