



Quinoa With Shiitakes and Snow Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



243 kcal

SIDE DISH

Ingredients

- 2 cloves garlic thinly sliced
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon soya sauce low-sodium
- 1 cup quinoa rinsed
- 1 scallion white green sliced
- 1 tablespoon sesame oil toasted
- 2 cups mushroom caps thinly sliced
- 4 ounces snow peas thinly sliced

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Place the quinoa and 2 cups water in a small saucepan. Bring to a boil over high heat. Stir once, cover and reduce the heat to low. Continue to cook until the water is absorbed and the quinoa is tender, about 20 minutes.
- Remove from the heat and let stand 5 minutes, uncover and fluff with a fork.
- Meanwhile, heat 1 teaspoon of the sesame oil in a medium nonstick skillet over medium-high heat.
- Add the garlic and cook until fragrant, about 1 minute.
- Add the mushrooms and continue to cook, stirring, until the mushrooms are tender, about 5 minutes.
- Add the snow peas, 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring, until bright green but still crisp-tender, about 3 minutes.
- Remove from the heat.
- Combine the cooked quinoa, mushroom mixture, soy sauce, scallions and remaining 2 teaspoons sesame oil in a medium bowl. Toss gently to combine. Season with additional salt and pepper.
- Serve warm or at room temperature.
- Calories: 210 Fat: 6 grams Saturated Fat: 1 gram Protein: 8 grams Carbohydrates: 32 grams Sugar: 2 grams Fiber: 4 grams Cholesterol: 0 milligrams Sodium: 260 milligrams

Nutrition Facts

 PROTEIN 15.62%  FAT 23.98%  CARBS 60.4%

Properties

Glycemic Index:31.5, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:19.459130504857%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 243.39kcal (12.17%), Fat: 6.72g (10.34%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 38.09g (12.7%), Net Carbohydrates: 31.39g (11.41%), Sugar: 3.93g (4.37%), Cholesterol: 0mg (0%), Sodium: 158.18mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Manganese: 1.25mg (62.63%), Phosphorus: 346.01mg (34.6%), Vitamin B6: 0.61mg (30.53%), Magnesium: 117.03mg (29.26%), Folate: 108.54µg (27.13%), Fiber: 6.7g (26.8%), Vitamin B3: 5.27mg (26.35%), Vitamin B2: 0.42mg (24.52%), Vitamin B5: 2.26mg (22.61%), Copper: 0.44mg (22.19%), Vitamin C: 18.04mg (21.87%), Potassium: 669.2mg (19.12%), Zinc: 2.62mg (17.47%), Iron: 3.13mg (17.38%), Selenium: 10.51µg (15.01%), Vitamin B1: 0.22mg (14.59%), Vitamin K: 13.96µg (13.3%), Vitamin E: 1.23mg (8.21%), Vitamin A: 344.7IU (6.89%), Calcium: 40.94mg (4.09%), Vitamin D: 0.45µg (3.01%)