



Quinoa with Strawberries and Buttermilk

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



351 kcal

SIDE DISH

Ingredients

- 2 tablespoons almonds toasted sliced
- 0.8 cup quinoa organic cooked traditional (such as Ancient Harvest)
- 1 teaspoon honey
- 0.3 cup buttermilk low-fat
- 0.5 cup strawberries sliced

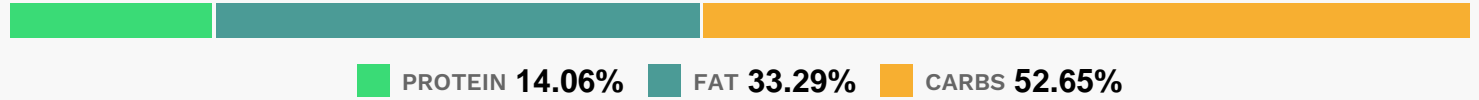
Equipment

- bowl
- microwave

Directions

Combine cooked quinoa and buttermilk in a microwave-safe bowl. Microwave at HIGH 45 seconds. Stir; let stand for 1 minute. Top with sliced strawberries, almonds, and honey.

Nutrition Facts



Properties

Glycemic Index:155.27, Glycemic Load:18.43, Inflammation Score:-7, Nutrition Score:20.871304491292%

Flavonoids

Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg, Galocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 350.62kcal (17.53%), Fat: 13.5g (20.77%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 48.05g (16.02%), Net Carbohydrates: 40.21g (14.62%), Sugar: 14.22g (15.8%), Cholesterol: 2.4mg (0.8%), Sodium: 99.71mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.67%), Manganese: 1.62mg (80.86%), Vitamin C: 42.97mg (52.09%), Vitamin E: 6.23mg (41.55%), Magnesium: 158.9mg (39.73%), Phosphorus: 378.06mg (37.81%), Fiber: 7.84g (31.36%), Vitamin B2: 0.49mg (28.91%), Copper: 0.52mg (25.8%), Folate: 87.5µg (21.87%), Iron: 3.16mg (17.58%), Potassium: 589.65mg (16.85%), Zinc: 2.5mg (16.7%), Calcium: 158.93mg (15.89%), Vitamin B1: 0.23mg (15.14%), Vitamin B6: 0.25mg (12.7%), Selenium: 6.25µg (8.93%), Vitamin B3: 1.62mg (8.08%), Vitamin B5: 0.35mg (3.54%), Vitamin B12: 0.13µg (2.2%), Vitamin K: 1.64µg (1.57%)