

# Quinoa with Sweet Potatoes and Broccoli

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



342 kcal

SIDE DISH

## Ingredients

- 2 cups broccoli frozen thawed chopped
- 2 tablespoons canola oil
- 1 tablespoon garlic powder
- 1 onion chopped
- 1 cup quinoa
- 1 large sweet potatoes and into peeled cut into 1/4-inch cubes
- 2 cups water
- 0.5 cup almonds whole

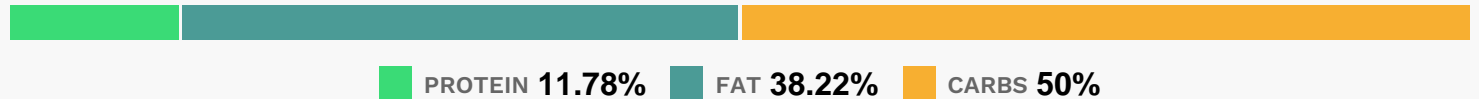
## Equipment

- frying pan
- sauce pan

## Directions

- Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.
- Meanwhile, place the diced sweet potatoes into a saucepan, and pour in 1/4-inch of water. Cover, and bring to a simmer over medium-high heat. Steam until the sweet potatoes are just slightly tender, about 10 minutes. While the potatoes are steaming, heat the canola oil in a skillet over medium-high heat. Cook and stir the onion and broccoli until the onion is tender, about 10 minutes.
- Once the potatoes have finished steaming, add them to the broccoli mixture, and season with garlic powder. Continue cooking until the potatoes have cooked to your desired degree of doneness, about 5 minutes. Stir the broccoli mixture together with the cooked quinoa and almonds. Season to taste with soy sauce if desired to serve.

## Nutrition Facts



## Properties

Glycemic Index:26.4, Glycemic Load:7.84, Inflammation Score:-10, Nutrition Score:25.055652203767%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

## Nutrients (% of daily need)

Calories: 341.96kcal (17.1%), Fat: 15g (23.07%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 36.5g (13.27%), Sugar: 5.03g (5.59%), Cholesterol: 0mg (0%), Sodium: 57.43mg (2.5%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 10.4g (20.8%), Vitamin A: 9871.8IU (197.44%), Manganese: 1.31mg (65.57%), Vitamin C: 34.68mg (42.03%), Vitamin E: 5.94mg (39.58%), Vitamin K: 41.22µg (39.25%), Magnesium: 134.36mg (33.59%), Fiber: 7.64g (30.56%), Phosphorus: 292.36mg (29.24%), Folate: 103.44µg (25.86%), Copper: 0.5mg (25%), Vitamin B6: 0.44mg (22.09%), Vitamin B2: 0.36mg (21.29%), Potassium: 687.84mg (19.65%), Vitamin B1: 0.25mg (16.46%), Iron: 2.89mg (16.07%), Zinc: 1.94mg (12.95%), Vitamin B5: 1.11mg (11.14%), Calcium: 100.55mg (10.06%), Vitamin B3: 1.68mg (8.38%), Selenium: 5.26µg (7.51%)