



Quinoa with Toasted Pine Nuts



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 cups chicken stock see unsalted (such as Swanson)
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 teaspoons olive oil extra virgin extra-virgin

- ☐ 0.3 cup pinenuts
- ☐ 1 cup quinoa uncooked
- ☐ 2 tablespoons shallots finely chopped

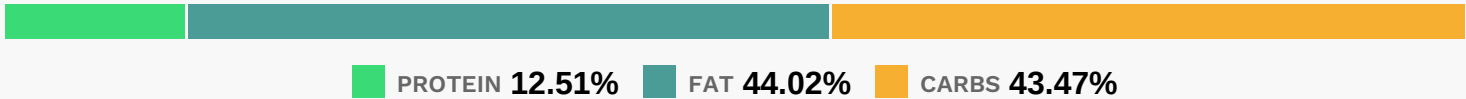
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Rinse and drain quinoa.
- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add 2 teaspoons extra-virgin olive oil to pan; swirl to coat.
- ☐ Add shallots; saut 1 minute or until tender.
- ☐ Add minced garlic; cook 1 minute, stirring constantly.
- ☐ Add quinoa; cook 2 minutes, stirring frequently.
- ☐ Add chicken stock and kosher salt; bring to a boil. Cover, reduce heat, and simmer 13 minutes or until liquid is absorbed and quinoa is tender.
- ☐ While quinoa cooks, heat a large nonstick skillet over medium heat.
- ☐ Add pine nuts to pan; cook 3 minutes or until browned, stirring frequently.
- ☐ Combine quinoa mixture, pine nuts, 1 tablespoon extra-virgin olive oil, parsley, chives, and pepper; toss.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:12.043478250504%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg,

Isorhamnetin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg
Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.08mg, Quercetin:
0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 198.33kcal (9.92%), Fat: 9.87g (15.19%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 21.94g (7.31%), Net
Carbohydrates: 19.48g (7.08%), Sugar: 1.31g (1.45%), Cholesterol: 1.5mg (0.5%), Sodium: 172.07mg (7.48%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.63%), Manganese: 1.12mg (56.09%), Vitamin K: 48.65µg
(46.34%), Magnesium: 74.78mg (18.7%), Phosphorus: 181.53mg (18.15%), Folate: 62.58µg (15.65%), Copper: 0.28mg
(14.09%), Vitamin E: 1.78mg (11.89%), Iron: 1.97mg (10.97%), Vitamin B6: 0.21mg (10.28%), Vitamin B1: 0.15mg
(9.84%), Fiber: 2.45g (9.82%), Zinc: 1.37mg (9.16%), Vitamin B2: 0.15mg (8.9%), Potassium: 280.05mg (8%), Vitamin
B3: 1.52mg (7.62%), Vitamin C: 4.73mg (5.74%), Selenium: 3.79µg (5.42%), Vitamin A: 261.94IU (5.24%), Vitamin B5:
0.27mg (2.68%), Calcium: 24.2mg (2.42%)