



Quinoa with Tomatoes and Cheese



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



3

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup quinoa rinsed well



2 cups water



1 tablespoon olive oil extra virgin



1 tablespoon butter



1 cup onions chopped



1 teaspoon garlic minced



1.3 cups tomatoes fresh cored chopped



1 large roasted green peeled seeded chopped

- ☐ 2 teaspoons tomato paste
- ☐ 3 servings salt
- ☐ 3 servings pepper black freshly ground
- ☐ 0.3 teaspoon oregano dried fresh finely chopped (or)
- ☐ 4 ounces queso fresco fresh cut into small cubes
- ☐ 1 cup milk

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook the quinoa: Put 1 cup quinoa and 2 cups of water into a medium sized pot and bring to a boil. Reduce to a low simmer, cover and cook for 10 minutes.
- ☐ Remove from heat and let sit for 10 minutes.
- ☐ Prepare the sauce: While the quinoa is cooking, prepare the sauce.
- ☐ Heat olive oil and butter in a medium skillet on medium heat.
- ☐ Add the onions and cook for a couple minutes.
- ☐ Add the garlic, cook for a minute more.
- ☐ Add the chopped tomato, about 1/2 teaspoon salt, dried oregano, and tomato paste.
- ☐ Add chopped green chiles (cooked) if using.
- ☐ Sprinkle with freshly ground black pepper. Stir until well combined.
- ☐ Let cook until the tomatoes have cooked through and the sauce has cooked down a bit. Then stir in the cheese. Taste and add more salt or pepper if needed.
- ☐ Stir in milk and top with sauce: Stir 1 cup of milk into the now cooked quinoa.
- ☐ Serve the quinoa in bowls and top with sauce.
- ☐ Garnish with chopped basil, parsley, cilantro, or chives.

Nutrition Facts



 **PROTEIN 16%**  **FAT 37.49%**  **CARBS 46.51%**

Properties

Glycemic Index:88.33, Glycemic Load:3.55, Inflammation Score:-9, Nutrition Score:19.707391531571%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

Nutrients (% of daily need)

Calories: 424.34kcal (21.22%), Fat: 17.84g (27.45%), Saturated Fat: 6.89g (43.09%), Carbohydrates: 49.82g (16.61%), Net Carbohydrates: 43.43g (15.79%), Sugar: 8.81g (9.79%), Cholesterol: 32.27mg (10.76%), Sodium: 503.73mg (21.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.26%), Manganese: 1.35mg (67.26%), Phosphorus: 377.85mg (37.79%), Magnesium: 137.78mg (34.45%), Folate: 124.77µg (31.19%), Fiber: 6.39g (25.58%), Vitamin B6: 0.46mg (23.12%), Copper: 0.44mg (21.9%), Potassium: 715.24mg (20.44%), Vitamin B1: 0.3mg (20.14%), Vitamin B2: 0.33mg (19.32%), Vitamin C: 15.44mg (18.72%), Vitamin E: 2.75mg (18.36%), Iron: 3.11mg (17.25%), Vitamin A: 839.01IU (16.78%), Calcium: 157.52mg (15.75%), Zinc: 2.35mg (15.66%), Selenium: 7.04µg (10.06%), Vitamin K: 10.17µg (9.69%), Vitamin B5: 0.88mg (8.81%), Vitamin B3: 1.52mg (7.59%), Vitamin B12: 0.45µg (7.45%), Vitamin D: 0.89µg (5.96%)