



Quinoa with Veggies



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup corn kernels
- ☐ 0.5 teaspoon cumin
- ☐ 3 cloves garlic minced
- ☐ 2 green onions chopped
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup quinoa
- ☐ 1 bell pepper red chopped

- ☐ 1 pinch salt
- ☐ 4 servings salt and pepper to taste
- ☐ 3 cups water

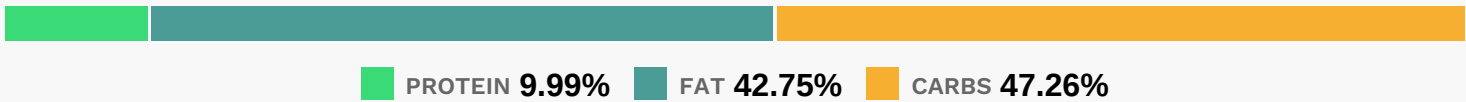
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring the quinoa, water, and 1 pinch of salt to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, about 20 minutes. Once done, drain a mesh strainer, and set aside.
- ☐ Meanwhile, heat the olive oil in a saucepan over medium heat. Stir in the garlic, and cook until the garlic softens and the aroma mellows, about 2 minutes.
- ☐ Add the red pepper, and corn; continue cooking until the pepper softens, about 5 minutes. Season with cumin, oregano, salt, and pepper, and cook for 1 minute more, then stir in the cooked quinoa and green onions.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:15.910434868025%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 278.23kcal (13.91%), Fat: 13.52g (20.8%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 29.18g (10.61%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 259.79mg (11.3%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Manganese: 1mg (50.09%), Vitamin C: 40.27mg (48.81%), Folate: 104.59µg (26.15%), Magnesium: 95.77mg (23.94%), Vitamin K: 23.36µg (22.25%), Phosphorus: 219.04mg (21.9%), Vitamin E: 3.17mg (21.15%), Vitamin A: 1018.35IU (20.37%), Fiber: 4.45g (17.81%), Vitamin B6: 0.34mg (16.95%), Copper: 0.31mg (15.41%), Iron: 2.66mg (14.79%), Vitamin B1: 0.19mg (12.46%), Vitamin B2: 0.19mg (11.14%), Potassium: 365.61mg (10.45%), Zinc: 1.55mg (10.34%), Vitamin B3: 1.22mg (6.12%), Selenium: 4.16µg (5.94%), Vitamin B5: 0.52mg (5.18%), Calcium: 46.93mg (4.69%)