



Red Quinoa Bowl with Swiss Chard and Poached Egg

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large carrots thick cut into coins
- 2 tablespoons chives chopped
- 2 large eggs
- 1 large garlic clove minced
- 1 teaspoon kosher salt
- 3 tbsp olive oil extra virgin extra-virgin divided
- 0.5 onion roughly chopped

- 2 servings bell pepper
- 1 portabello mushrooms dark halved cut into 1/2-in.-wide slices
- 0.5 cup quinoa red rinsed
- 1 bunch swiss chard divided chopped
- 2 teaspoons vinegar white

Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon

Directions

- Cook quinoa according to package instructions. Meanwhile, bring a medium saucepan with about 2 in. of water and the vinegar to a simmer; keep hot, covered.
- Heat 1 tbsp. oil in a frying pan over medium-high heat. Cook onion, carrot, and chard stems, stirring often, until softened, about 10 minutes.
- Add garlic and mushroom; cook until mushroom softens, adding oil to pan if needed, about 2 minutes. Put chard leaves on top of vegetables, add 2 tbsp. water and the salt, and cook, covered, until leaves wilt, about 2 minutes. Stir in quinoa. Divide mixture between 2 bowls.
- Crack an egg into a small dish. Using a slotted spoon, swirl simmering water in a circle, then slowly pour in egg. Cook until white firms and yolk is done the way you like (1 minute for softly set).
- Lift egg out of water to top one of the quinoa bowls; repeat with second egg.
- Drizzle each bowl with 1 tbsp. oil and sprinkle with pepper and chives.

Nutrition Facts

 PROTEIN 13.53%  FAT 50.82%  CARBS 35.65%

Properties

Glycemic Index:131.42, Glycemic Load:3.84, Inflammation Score:-10, Nutrition Score:42.41869576081%

Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg Kaempferol: 9.28mg, Kaempferol: 9.28mg, Kaempferol: 9.28mg Myricetin: 4.7mg, Myricetin: 4.7mg, Myricetin: 4.7mg, Myricetin: 4.7mg Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg

Nutrients (% of daily need)

Calories: 500.45kcal (25.02%), Fat: 29.15g (44.84%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 46g (15.33%), Net Carbohydrates: 36.93g (13.43%), Sugar: 8.96g (9.95%), Cholesterol: 186mg (62%), Sodium: 1588.93mg (69.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.91%), Vitamin K: 1272.72µg (1212.11%), Vitamin A: 17927.98IU (358.56%), Vitamin C: 146.73mg (177.85%), Manganese: 1.67mg (83.42%), Vitamin E: 8.86mg (59.05%), Magnesium: 228.95mg (57.24%), Folate: 183.99µg (46%), Phosphorus: 451.77mg (45.18%), Vitamin B6: 0.82mg (41.24%), Selenium: 28.64µg (40.91%), Potassium: 1357.65mg (38.79%), Vitamin B2: 0.65mg (38.23%), Fiber: 9.07g (36.27%), Copper: 0.73mg (36.27%), Iron: 6.34mg (35.2%), Vitamin B1: 0.34mg (22.65%), Vitamin B5: 2.22mg (22.18%), Vitamin B3: 4.32mg (21.58%), Zinc: 3.08mg (20.55%), Calcium: 155.86mg (15.59%), Vitamin B12: 0.47µg (7.77%), Vitamin D: 1.13µg (7.51%)