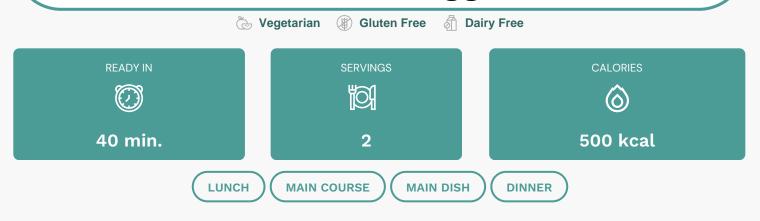


Red Quinoa Bowl with Swiss Chard and Poached Egg



Ingredients

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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 channed

1 large carrots thick cut into coins

	2 servings bell pepper	
	1 portabello mushrooms dark halved cut into 1/2-inwide 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

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, Apigenin: 0.02mg, Apigenin: 0.02mg, Luteolin: 0.53mg, Luteolin: 0.5

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: Og (100%), Alcohol %: O% (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%)