



HEALTH SCORE

100%

Red Quinoa Pilaf with Tomato, Spinach and Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



155 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 cups baby spinach fresh loosely packed



2 tablespoons olive oil



1 onion chopped



0.5 cup pinenuts



1 cup quinoa red



4 servings salt and pepper



2 large but tomatoes diced firm cored ripe seeded

☐ 2 cups vegetable broth low-sodium

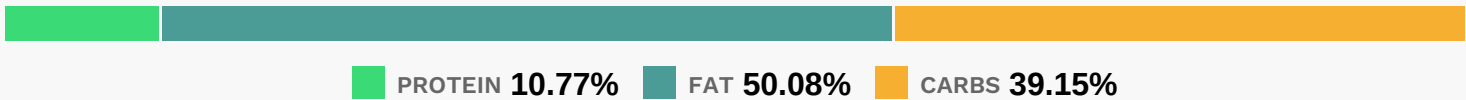
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Rinse quinoa thoroughly in cold water.
- ☐ Drain well.
- ☐ In a large skillet, warm oil over medium-high heat.
- ☐ Add onion and cook, stirring often, until softened, 3 to 5 minutes. Stir in tomatoes and broth and increase heat to high. Bring to a boil, then carefully transfer to slow cooker. Stir in quinoa and season with salt and pepper. Cover and cook on low until most of the liquid is absorbed and quinoa is tender, about 2 hours.
- ☐ Place pine nuts in a small skillet over medium-low heat. Cook, shaking skillet constantly, until pine nuts are light golden and fragrant, about 3 minutes. Immediately transfer to a bowl.
- ☐ Remove slow cooker cover and stir in spinach and pine nuts. (If pilaf looks dry, add up to 1/2 cup more broth.) Cover and cook 15 minutes longer, or until the spinach has wilted completely. Season with additional salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:24.917825761049%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 370.18kcal (18.51%), Fat: 21.39g (32.91%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 31.64g (11.5%), Sugar: 4.73g (5.26%), Cholesterol: 0mg (0%), Sodium: 213.89mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.7%), Manganese: 2.62mg (131.18%), Vitamin K: 93.06µg (88.63%), Vitamin A: 2175.97IU (43.52%), Magnesium: 150.7mg (37.67%), Folate: 131.91µg (32.98%), Phosphorus: 328.42mg (32.84%), Vitamin E: 4.42mg (29.47%), Copper: 0.56mg (27.88%), Fiber: 5.99g (23.97%), Vitamin C: 18.85mg (22.85%), Iron: 3.63mg (20.15%), Potassium: 679.65mg (19.42%), Vitamin B1: 0.27mg (18.16%), Zinc: 2.69mg (17.92%), Vitamin B6: 0.36mg (17.89%), Vitamin B2: 0.23mg (13.32%), Vitamin B3: 2.07mg (10.34%), Selenium: 4.02µg (5.74%), Calcium: 53.14mg (5.31%), Vitamin B5: 0.51mg (5.05%)