



HEALTH SCORE

72%

Red Quinoa with Pistachios



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**252 kcal**

SIDE DISH

Ingredients

- ☐ 3 tablespoons flat parsley chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 cup quinoa red rinsed well
- ☐ 1 shallots finely chopped
- ☐ 0.3 cup pistachios raw unsalted shelled chopped

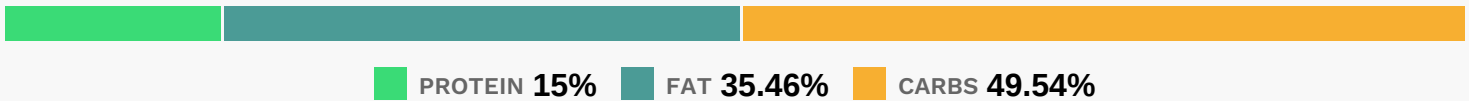
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add shallot, season with salt and pepper, and cook, stirring occasionally, until soft, about 5 minutes.
- ☐ Add quinoa and cook, stirring frequently, until quinoa starts to toast and smell nutty, about 5 minutes.
- ☐ Add chicken broth and bring to a boil.
- ☐ Stir in quinoa, reduce heat to low, cover, and simmer gently until quinoa is tender, 25–30 minutes (15 if using white quinoa).
- ☐ Remove pan from heat, fluff quinoa with a fork. Cover; let stand for 5 minutes.
- ☐ Fold pistachios, parsley, and mint into quinoa. Season with salt and pepper.
- ☐ Per serving: 260 calories, 10 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:14.886521733325%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 6.53mg, Apigenin: 6.53mg, Apigenin: 6.53mg, Apigenin: 6.53mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 252.18kcal (12.61%), Fat: 10.18g (15.66%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 27.8g (10.11%), Sugar: 1.23g (1.36%), Cholesterol: 0mg (0%), Sodium: 32.04mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.38%), Manganese: 1.01mg (50.5%), Vitamin K: 52.54µg (50.03%), Phosphorus: 263.39mg (26.34%), Magnesium: 96.97mg (24.24%), Folate: 90.25µg (22.56%), Copper: 0.41mg (20.52%), Fiber: 4.19g (16.76%), Vitamin B6: 0.33mg (16.4%), Iron: 2.79mg (15.51%), Vitamin B1: 0.21mg (14.26%), Potassium: 439mg (12.54%), Vitamin E: 1.73mg (11.56%), Zinc: 1.66mg (11.05%), Vitamin B2: 0.19mg (11.02%), Vitamin B3: 2.04mg (10.19%), Vitamin A: 332.48IU (6.65%), Selenium: 4.46µg (6.38%), Vitamin C: 5.12mg (6.2%), Calcium: 41.71mg (4.17%), Vitamin B5: 0.4mg (4.03%), Vitamin B12: 0.09µg (1.48%)