



Robin's Quinoa with Mushrooms and Spinach



Vegetarian



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



3

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons balsamic vinegar
- ☐ 0.3 cup chicken broth
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup goat cheese crumbled
- ☐ 8 ounce mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 onion chopped fine

- ☐ 1 cup quinoa
- ☐ 3 servings salt and pepper to taste
- ☐ 10 ounce spinach leaves washed
- ☐ 0.3 cup white wine

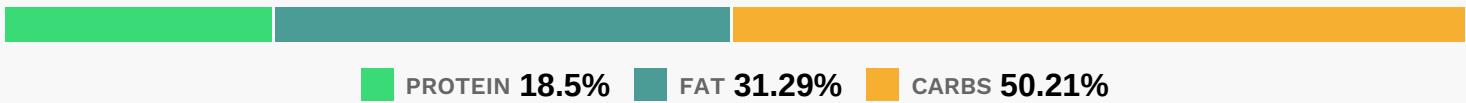
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat olive oil in a saucepan over medium heat.
- ☐ Add onion and garlic, cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in quinoa until well blended.
- ☐ Pour in 1/2 cup white wine and cook, stirring, until absorbed by the quinoa, about 30 seconds. Stir in 1 3/4 cups chicken broth, 2 teaspoons balsamic vinegar, and 1 teaspoon chopped thyme. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer until the quinoa is tender, about 15 minutes.
- ☐ Meanwhile, heat 1 tablespoon olive oil in a skillet over medium-high heat.
- ☐ Add the mushrooms and cook until lightly browned, about 5 minutes.
- ☐ Pour in 4 teaspoons balsamic vinegar, 1/4 cup white wine, 1/4 cup chicken stock, and 1 teaspoon chopped thyme. Reduce heat to medium-low, cover, and simmer until the mushrooms soften, about 5 minutes.
- ☐ Once the quinoa has cooked, stir in the mushroom mixture, and season to taste with salt and pepper.
- ☐ Remove quinoa from the heat and stir in spinach leaves, which will wilt.
- ☐ Transfer to a serving dish and sprinkle with crumbled goat cheese.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:37.946956370188%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 6.15mg, Kaempferol: 6.15mg, Kaempferol: 6.15mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 371.03kcal (18.55%), Fat: 12.8g (19.68%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 38.97g (14.17%), Sugar: 4.12g (4.58%), Cholesterol: 9.09mg (3.03%), Sodium: 420.91mg (18.3%), Alcohol: 2.06g (100%), Alcohol %: 0.82% (100%), Protein: 17.02g (34.04%), Vitamin K: 459.75µg (437.85%), Vitamin A: 9096.98IU (181.94%), Manganese: 2.15mg (107.38%), Folate: 306.73µg (76.68%), Magnesium: 202.27mg (50.57%), Vitamin B2: 0.76mg (44.61%), Phosphorus: 431.92mg (43.19%), Copper: 0.86mg (42.78%), Vitamin C: 30.88mg (37.43%), Iron: 6.2mg (34.46%), Potassium: 1151.77mg (32.91%), Vitamin B6: 0.63mg (31.64%), Fiber: 7.23g (28.91%), Vitamin E: 4.03mg (26.85%), Vitamin B1: 0.37mg (24.54%), Vitamin B3: 4.46mg (22.3%), Selenium: 13.65µg (19.51%), Zinc: 2.92mg (19.49%), Vitamin B5: 1.8mg (18.01%), Calcium: 162.21mg (16.22%), Vitamin D: 0.23µg (1.51%), Vitamin B12: 0.07µg (1.17%)