



Shrimp and Quinoa Pilaf



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



12

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion finely chopped
- ☐ 1.3 cups quinoa rinsed drained
- ☐ 12 servings salt and pepper
- ☐ 12 ounces shrimp deveined peeled

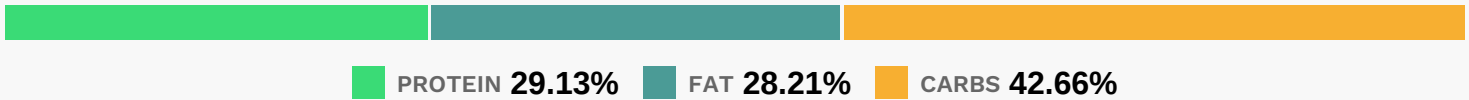
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Warm oil in a medium saucepan over medium heat.
- ☐ Add onion and cook, stirring, until softened, 3 to 5 minutes.
- ☐ Add quinoa; cook, stirring, for 1 minute.
- ☐ Add 2 1/4 cups water and 1/2 tsp. salt to pan. Turn heat to high; bring to a boil. Cover, reduce heat to low and cook until quinoa is tender, about 15 minutes, stirring in shrimp during final 5 minutes. Lift cover after 15 minutes and check that shrimp is cooked through and most of water has been absorbed. If not, cook 1 minute or 2 longer.
- ☐ Remove from heat, cover and let stand for 10 minutes.
- ☐ Transfer mixture to a serving bowl. Stir in parsley, lemon zest and juice. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:5.6321740098622%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 113.09kcal (5.65%), Fat: 3.57g (5.49%), Saturated Fat: 0.48g (3%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 10.76g (3.91%), Sugar: 0.32g (0.36%), Cholesterol: 45.64mg (15.21%), Sodium: 229.1mg (9.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.59%), Manganese: 0.38mg (18.94%), Phosphorus: 143.89mg (14.39%), Vitamin K: 12.36µg (11.77%), Magnesium: 45.9mg (11.48%), Copper: 0.22mg (10.96%), Folate: 35.23µg (8.81%), Zinc: 0.95mg (6.32%), Iron: 1.03mg (5.71%), Fiber: 1.39g (5.54%), Potassium: 189.66mg (5.42%), Vitamin E: 0.78mg (5.19%), Vitamin B6: 0.1mg (4.76%), Vitamin B1: 0.07mg (4.51%), Vitamin B2: 0.06mg (3.47%), Vitamin C: 2.5mg (3.03%), Calcium: 29.24mg (2.92%), Selenium: 1.54µg (2.2%), Vitamin B5: 0.15mg (1.5%), Vitamin B3: 0.29mg (1.44%), Vitamin A: 58.99IU (1.18%)