



## Simplest Quinoa and Pine Nut Pilaf

 Vegetarian  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup flat parsley fresh italian chopped
- 0.3 teaspoon kosher salt
- 1.8 cups chicken broth organic (preferably )
- 0.3 cup pinenuts
- 7 ounces quinoa whole

### Equipment

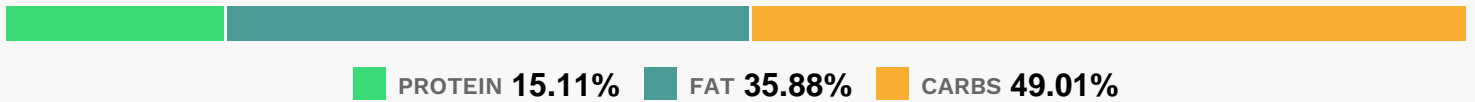
- baking sheet

- sauce pan
- oven
- sieve

## Directions

- Place the quinoa in a fine sieve. Rinse under cold running water 1 full minute. Set aside to drain.
- Bring the broth, salt and pepper to a boil in heavy, medium saucepan over medium-high heat. Stir in the quinoa. Cover, reduce the heat to medium-low and simmer until the quinoa is tender and all the broth is absorbed, about 15 minutes. Turn off the heat.
- Let the quinoa stand, still covered, for 10 minutes.
- Meanwhile, preheat the oven to 350 degrees F. Scatter pine nuts on a small rimmed baking sheet. Toast the nuts until golden, stirring occasionally, about 5 minutes. Cool on the baking sheet.
- Mix the cilantro and pine nuts into the quinoa.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:20.33260861687%

## Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 276.92kcal (13.85%), Fat: 11.37g (17.49%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 30.85g (11.22%), Sugar: 0.58g (0.65%), Cholesterol: 0mg (0%), Sodium: 181.85mg (7.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.55%), Manganese: 2.02mg (101.16%), Vitamin K: 88.27µg (84.07%), Phosphorus: 325.49mg (32.55%), Magnesium: 129.72mg (32.43%), Folate: 102.73µg (25.68%), Copper: 0.5mg (25.15%), Iron: 3.43mg (19.05%), Fiber: 4.09g (16.34%), Zinc: 2.42mg (16.15%), Vitamin E: 2.3mg (15.33%), Vitamin B1: 0.22mg (14.93%), Vitamin B3: 2.73mg (13.65%), Vitamin B6: 0.27mg (13.37%), Potassium:

464.66mg (13.28%), Vitamin B2: 0.22mg (12.91%), Vitamin A: 432.09IU (8.64%), Vitamin C: 6.74mg (8.17%), Selenium: 4.31µg (6.15%), Vitamin B5: 0.44mg (4.4%), Calcium: 36.79mg (3.68%), Vitamin B12: 0.1µg (1.72%)