



Spanish-Style Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 1 teaspoon chili powder
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 small bell pepper green chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 medium onion finely chopped
- ☐ 1 cup quinoa uncooked

- ☐ 2 tablespoons vegetable oil
- ☐ 2.5 cups water

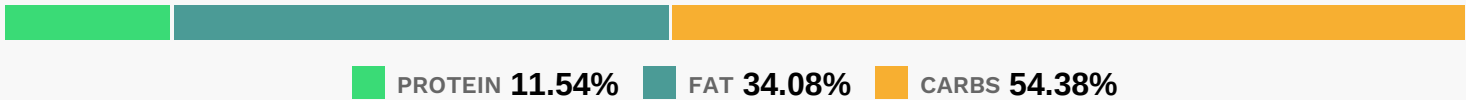
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the vegetable oil in a large saucepan over medium–high heat. Stir in the quinoa, onion, garlic, and green pepper. Cook and stir 5 to 10 minutes until the onion is tender, and the quinoa has lightly toasted. Stir in the tomato sauce and water, then season with the chili powder, garlic powder, and cumin. Bring to a boil, then reduce heat to medium–low, cover, and simmer until the quinoa is tender, and the liquid is absorbed, about 30 minutes. Stir the quinoa occasionally as it cooks.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:1.81, Inflammation Score:-7, Nutrition Score:14.672608769458%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 250.67kcal (12.53%), Fat: 9.72g (14.95%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 34.89g (11.63%), Net Carbohydrates: 30.03g (10.92%), Sugar: 3.69g (4.1%), Cholesterol: 0mg (0%), Sodium: 288.83mg (12.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.81%), Manganese: 1.03mg (51.74%), Vitamin C: 21.6mg (26.18%), Magnesium: 100.22mg (25.05%), Phosphorus: 227.55mg (22.76%), Folate: 90.69µg (22.67%), Fiber: 4.86g (19.43%), Vitamin B6: 0.38mg (18.95%), Copper: 0.38mg (18.82%), Vitamin E: 2.68mg (17.88%), Iron: 2.83mg (15.7%), Vitamin K: 16.15µg (15.38%), Potassium: 503.44mg (14.38%), Vitamin B1: 0.2mg (13.14%), Vitamin B2: 0.19mg (11.32%), Zinc: 1.59mg (10.58%), Vitamin A: 470.5IU (9.41%), Vitamin B3: 1.41mg (7.05%), Selenium: 4.56µg (6.52%), Vitamin B5: 0.57mg (5.75%), Calcium: 47.56mg (4.76%)