



WHATSheATE



HEALTH SCORE

75%

Spiced Lemon Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

Ingredients



5 oz baby spinach loosely packed



1 teaspoon brown mustard seeds black



1 tablespoon cilantro leaves chopped



1 teaspoon cumin seeds



0.5 tsp kosher salt



1.5 tbsp juice of lemon



5 teaspoons mild olive oil



1 cup quinoa white red with 1/2 tsp. kosher salt cooked

- ☐ 1 serrano chile minced
- ☐ 0.5 teaspoon turmeric
- ☐ 2 tablespoons peas split yellow

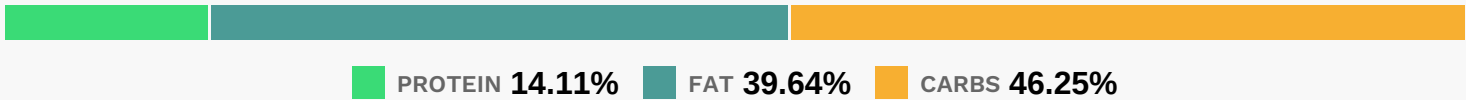
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Simmer split peas with 2 cups water in a small saucepan until just tender, 25 to 30 minutes.
- ☐ Drain and pat dry on a towel.
- ☐ Heat oil in a large frying pan over medium heat.
- ☐ Add mustard seeds, cover, and cook until they pop, 1 minute. Stir in cumin; cook a few seconds until sizzling, then stir in split peas, curry leaves, chile, turmeric, and 1/2 tsp. salt. Cook, stirring often, until split peas start to turn light golden, 2 minutes.
- ☐ Scrape into a bowl.
- ☐ Add spinach to frying pan, increase heat to medium-high, and cook, stirring, until wilted, 1 to 2 minutes.
- ☐ Drain any liquid. Stir in quinoa, split-pea mixture, and 1 1/2 tbsp. lemon juice.
- ☐ Add more lemon juice and salt to taste. Scatter cilantro on top.
- ☐ *Find curry leaves at Indian markets.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:4.71, Inflammation Score:-10, Nutrition Score:16.764347703561%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 137.69kcal (6.88%), Fat: 6.28g (9.66%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 12.34g (4.49%), Sugar: 1.36g (1.52%), Cholesterol: 0mg (0%), Sodium: 324.32mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Vitamin K: 175.79µg (167.42%), Vitamin A: 3363.75IU (67.27%), Manganese: 0.75mg (37.7%), Folate: 110.15µg (27.54%), Magnesium: 69.2mg (17.3%), Fiber: 4.14g (16.57%), Vitamin C: 13.07mg (15.85%), Iron: 2.46mg (13.69%), Phosphorus: 119.19mg (11.92%), Vitamin E: 1.78mg (11.9%), Potassium: 376.25mg (10.75%), Copper: 0.21mg (10.41%), Vitamin B1: 0.14mg (9.12%), Vitamin B2: 0.14mg (8.13%), Vitamin B6: 0.16mg (7.8%), Zinc: 0.96mg (6.39%), Calcium: 52.99mg (5.3%), Vitamin B3: 0.73mg (3.63%), Selenium: 1.87µg (2.67%), Vitamin B5: 0.16mg (1.64%)