

Spiced Quinoa



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 14 ounce garbanzo beans drained and rinsed canned
- ☐ 1.5 cups chicken stock see
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.5 teaspoon cumin
- ☐ 1.5 teaspoons curry powder
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon olive oil

- ☐ 1 small onion chopped
- ☐ 0.5 cup pinenuts toasted
- ☐ 0.8 cup quinoa
- ☐ 0.5 teaspoon salt

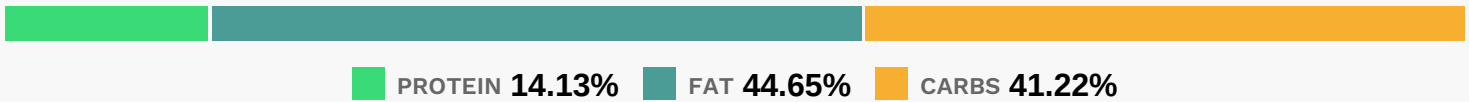
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together the olive oil, onion, and garlic in a saucepan over medium heat until the onion has softened and turned translucent, about 5 minutes. Stir in the quinoa, curry powder, salt, pepper, cumin, cinnamon, and chicken stock. Bring to a boil, then reduce heat to medium-low, cover, and simmer 20 minutes until the quinoa is tender.
- ☐ Once the quinoa has finished cooking, stir in the drained garbanzo beans, toasted pine nuts, and raisins.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:18.04, Glycemic Load:2.06, Inflammation Score:-4, Nutrition Score:11.165652126074%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 196.98kcal (9.85%), Fat: 10.09g (15.52%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 16.99g (6.18%), Sugar: 1.4g (1.56%), Cholesterol: 1.35mg (0.45%), Sodium: 349.46mg (15.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.37%), Manganese: 1.54mg (76.88%), Vitamin B6: 0.37mg (18.41%), Phosphorus: 178.47mg (17.85%), Magnesium: 70.4mg (17.6%), Fiber: 3.97g (15.88%), Copper: 0.32mg (15.81%), Folate: 49.14µg (12.28%), Iron: 2.15mg (11.93%), Vitamin E: 1.53mg (10.22%), Zinc: 1.49mg (9.91%),

Vitamin B1: 0.13mg (8.42%), Potassium: 283.07mg (8.09%), Vitamin B3: 1.42mg (7.11%), Vitamin B2: 0.12mg (7.06%),
Vitamin K: 6.34µg (6.04%), Selenium: 3.57µg (5.1%), Calcium: 34.49mg (3.45%), Vitamin B5: 0.31mg (3.13%), Vitamin
C: 1.03mg (1.24%)