



Spiced quinoa with almonds & feta



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 tsp ground coriander
- ☐ 0.5 tsp turmeric
- ☐ 300 g quinoa rinsed
- ☐ 50 g almonds flaked toasted
- ☐ 100 g feta cheese crumbled
- ☐ 1 handful parsley roughly chopped
- ☐ 0.5 juice of lemon

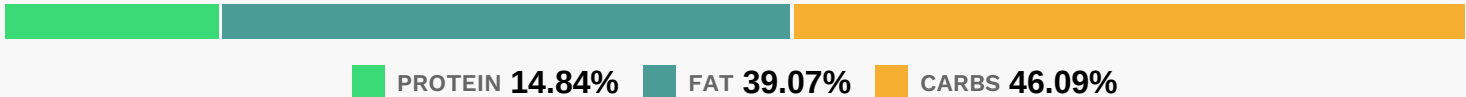
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large pan.
- ☐ Add the spices, then fry for a min or so until fragrant.
- ☐ Add the quinoa, then fry for a further min until you can hear gentle popping sounds. Stir in 600ml boiling water, then gently simmer for 10–15 mins until the water has evaporated and the quinoa grains have a white halo around them. Allow to cool slightly, then stir through the other ingredients.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:24.108261157637%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 449.06kcal (22.45%), Fat: 19.79g (30.44%), Saturated Fat: 4.83g (30.18%), Carbohydrates: 52.54g (17.51%), Net Carbohydrates: 45.43g (16.52%), Sugar: 0.66g (0.73%), Cholesterol: 22.25mg (7.42%), Sodium: 289.8mg (12.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.82%), Manganese: 1.85mg (92.48%), Phosphorus: 490.58mg (49.06%), Magnesium: 188.99mg (47.25%), Folate: 153.88µg (38.47%), Vitamin E: 5.6mg

(37.34%), Vitamin B2: 0.6mg (35.03%), Copper: 0.59mg (29.37%), Fiber: 7.1g (28.41%), Vitamin B6: 0.5mg (24.8%), Iron: 4.33mg (24.03%), Zinc: 3.48mg (23.2%), Vitamin B1: 0.34mg (22.49%), Calcium: 197.46mg (19.75%), Vitamin K: 18.99µg (18.09%), Potassium: 551.46mg (15.76%), Selenium: 10.77µg (15.39%), Vitamin B3: 1.88mg (9.4%), Vitamin B5: 0.89mg (8.88%), Vitamin B12: 0.42µg (7.04%), Vitamin A: 200.59IU (4.01%), Vitamin C: 2.95mg (3.57%)