



Spicy Quinoa with Sweet Potatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

Ingredients

- 1 tablespoon ancho chile powder
- 0.3 cup cilantro leaves fresh roughly chopped
- 2 cloves garlic finely chopped
- 1 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 6 servings kosher salt
- 1 tablespoons juice of lime fresh
- 3 cups chicken broth low-sodium

- 1.8 cups quinoa
- 1 small jalapeno red seeded thinly sliced
- 0.5 onion red thinly sliced
- 2 small sweet potatoes peeled cut into 1/2-inch pieces
- 3 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Put the quinoa in a bowl and cover with water; drain. Repeat twice; drain well. (This will help remove bitterness.)
- Transfer the quinoa to a medium saucepan over medium heat and stir constantly until the quinoa is dry, about 8 minutes.
- Add 1 1/2 cups chicken broth, 3/4 cup water and 1/2 teaspoon salt. Bring to a simmer, then cover the pan, leaving the lid slightly ajar to let steam escape; reduce the heat to medium low and cook until the quinoa is tender and the liquid is absorbed, about 15 minutes.
- Meanwhile, heat the vegetable oil in a large skillet over medium heat.
- Add the red onion and garlic and cook until slightly softened, about 4 minutes.
- Add the chile powder, coriander and cumin and cook, stirring, until the spices darken, about 1 minute.
- Add the remaining 1 1/2 cups chicken broth, the jalapeno, sweet potatoes and 1/2 teaspoon salt. Increase the heat to medium high and bring to a simmer. Cook, stirring occasionally, until the sweet potatoes are tender and the liquid is almost absorbed, about 15 minutes.
- Add the sweet potato mixture to the quinoa, then add the cilantro and lime juice and toss; season with salt.
- Photograph by Linda Pug

Nutrition Facts



PROTEIN 13.25% FAT 30.74% CARBS 56.01%

Properties

Glycemic Index:32.83, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:20.127826037614%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 311.02kcal (15.55%), Fat: 10.86g (16.7%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 38.86g (14.13%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 278.97mg (12.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.06%), Vitamin A: 6635.81IU (132.72%), Manganese: 1.19mg (59.6%), Phosphorus: 294.53mg (29.45%), Magnesium: 115.53mg (28.88%), Folate: 99.5µg (24.87%), Fiber: 5.64g (22.55%), Copper: 0.45mg (22.43%), Vitamin B6: 0.41mg (20.5%), Iron: 3.26mg (18.08%), Vitamin K: 17.85µg (17%), Potassium: 592.37mg (16.92%), Vitamin E: 2.44mg (16.26%), Vitamin B1: 0.23mg (15.11%), Vitamin B3: 2.84mg (14.21%), Vitamin B2: 0.24mg (14.17%), Zinc: 1.91mg (12.71%), Vitamin C: 6.47mg (7.84%), Vitamin B5: 0.77mg (7.71%), Selenium: 5.05µg (7.22%), Calcium: 54.65mg (5.46%), Vitamin B12: 0.12µg (1.97%)