



HEALTH SCORE

79%

Spicy vegetable & quinoa one-pot



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion sliced
- ☐ 4 tbsp curry paste
- ☐ 1 l milk
- ☐ 750 g savory vegetable mixed frozen
- ☐ 175 g quinoa rinsed

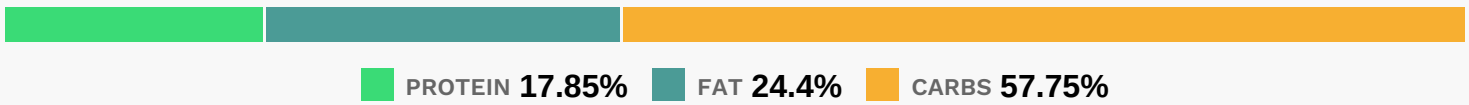
Equipment

- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Simmer the onion and the curry paste with a splash of water for 5 mins in a large saucepan, stirring from time to time.
- ☐ Heat the milk in a jug in the microwave.
- ☐ Add the vegetables and quinoa, then stir in the milk. Bring to the boil, simmer gently for 10 mins until the quinoa is cooked. Check seasoning.
- ☐ Serve with warm naan bread.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:13.12, Inflammation Score:-10, Nutrition Score:31.267826072548%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 463.95kcal (23.2%), Fat: 13g (20.01%), Saturated Fat: 5.76g (36.03%), Carbohydrates: 69.25g (23.08%), Net Carbohydrates: 57.67g (20.97%), Sugar: 14.63g (16.26%), Cholesterol: 30.94mg (10.31%), Sodium: 189.66mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.41g (42.81%), Vitamin A: 12308.11IU (246.16%), Manganese: 1.39mg (69.64%), Phosphorus: 578.95mg (57.89%), Fiber: 11.59g (46.34%), Magnesium: 164.88mg (41.22%), Calcium: 411.9mg (41.19%), Vitamin B2: 0.66mg (38.93%), Vitamin B1: 0.54mg (36.22%), Folate: 140.1µg (35.03%), Potassium: 1070.71mg (30.59%), Vitamin B6: 0.58mg (29.17%), Vitamin C: 22.8mg (27.63%), Iron: 4.23mg (23.48%), Vitamin B12: 1.39µg (23.2%), Copper: 0.45mg (22.29%), Zinc: 3.3mg (22.03%), Vitamin D: 2.84µg (18.91%), Vitamin B3: 3.32mg (16.58%), Vitamin B5: 1.64mg (16.39%), Selenium: 9.51µg (13.58%), Vitamin E: 1.2mg (8.01%)