



## Spring Green Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon basil to taste (more )
- 2 cups edamame frozen
- 3 cloves garlic
- 1 tablespoon juice of lemon to taste (more )
- 0.5 teaspoon oregano to taste (more )
- 1 cup quinoa
- 1 pinch pepper red generous
- 4 servings salt and pepper to taste

- 1 ounce sun-dried olives (packed in oil), chopped
- 0.5 cup vegetable stock
- 2 cups water
- 1 medium zucchini (halved lengthwise cut into 1/4-inch slices)

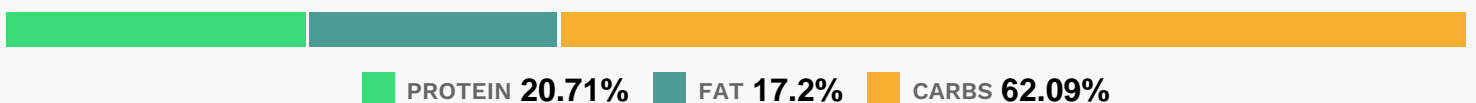
## Equipment

- bowl
- frying pan
- dutch oven

## Directions

- Remove from heat and keep covered. While the quinoa is cooking, bring a large pot of water to boil (Dutch oven sized, about 1/2 full). When it reaches a boil, add the frozen edamame. Return to boil and cook for 4 minutes.
- Add the asparagus and zucchini and cook until they are tender but still crisp, about 3 minutes.
- Drain well, and place in a large serving bowl.
- Add the quinoa and toss well. In a small non-stick pan, heat 1 tablespoon of the vegetable broth. (If you're not following a strict fat-free diet, you may use 1 tsp. of olive oil.)
- Add the minced garlic and cook for one minute.
- Add the remaining broth, oregano, basil, and red pepper. Simmer, stirring, for about 4 minutes.
- Remove from heat and add lemon juice and salt and pepper to taste.
- Pour over quinoa and mix well. Taste and add additional seasonings, including lemon juice, as needed.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:48.75, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:15.632174015045%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 279.4kcal (13.97%), Fat: 5.45g (8.39%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 36.8g (13.38%), Sugar: 6.27g (6.96%), Cholesterol: 0mg (0%), Sodium: 331.73mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.78g (29.55%), Manganese: 1.13mg (56.66%), Fiber: 7.51g (30.03%), Potassium: 960.86mg (27.45%), Magnesium: 108.99mg (27.25%), Iron: 4.91mg (27.25%), Phosphorus: 242.27mg (24.23%), Folate: 96.2µg (24.05%), Copper: 0.41mg (20.28%), Vitamin B6: 0.34mg (17.16%), Vitamin C: 13.71mg (16.62%), Vitamin B1: 0.22mg (14.56%), Vitamin B2: 0.22mg (12.97%), Zinc: 1.66mg (11.09%), Calcium: 108.67mg (10.87%), Vitamin E: 1.16mg (7.73%), Vitamin B3: 1.54mg (7.71%), Vitamin K: 6.83µg (6.5%), Selenium: 4.44µg (6.34%), Vitamin B5: 0.6mg (5.97%), Vitamin A: 241.21IU (4.82%)