



Spring Vegetable and Quinoa Pilaf



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound asparagus trimmed
- ☐ 6 golden beets peeled cut into 1/3-inch cubes
- ☐ 1 cup bell pepper red
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 teaspoon sea salt for seasoning
- ☐ 2 garlic clove minced
- ☐ 4 spring onion thinly sliced
- ☐ 1.8 cups chicken broth

- ☐ 3 tablespoons olive oil
- ☐ 1 cup and orange peppers
- ☐ 1 tablespoon parsley fresh italian chopped
- ☐ 1 cup quinoa rinsed drained

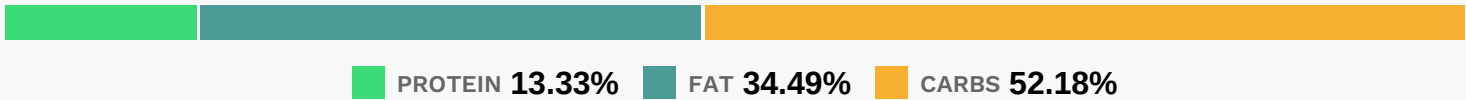
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring broth and 1/2 teaspoon sea salt to boil in medium saucepan; add quinoa. Cover, reduce heat to low, and simmer until quinoa is tender and broth is absorbed, about 15 minutes.
- ☐ Remove from heat; fluff with fork. Cover and reserve.
- ☐ Meanwhile, bring 1 1/4 cups water to boil in large nonstick skillet over medium heat.
- ☐ Add beets. Cover and cook until beets are tender, about 8 minutes. Uncover; cook until any water in skillet evaporates. Increase heat to medium-high.
- ☐ Add olive oil and garlic; sauté 30 seconds.
- ☐ Add all bell peppers, asparagus, and zucchini.
- ☐ Sprinkle with sea salt and black pepper. Sauté until just tender, about 8 minutes.
- ☐ Add cooked quinoa, green onions, and parsley to vegetables in skillet; toss to combine. Season with sea salt and pepper.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:6.92, Inflammation Score:-10, Nutrition Score:31.879130290902%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg, Quercetin: 9.57mg

Nutrients (% of daily need)

Calories: 356.03kcal (17.8%), Fat: 14.24g (21.91%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 48.46g (16.15%), Net Carbohydrates: 38.89g (14.14%), Sugar: 12.95g (14.39%), Cholesterol: 0mg (0%), Sodium: 426.8mg (18.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.77%), Vitamin C: 108.62mg (131.66%), Manganese: 1.5mg (75.06%), Vitamin K: 75.23µg (71.65%), Folate: 285.29µg (71.32%), Vitamin A: 3012.34IU (60.25%), Fiber: 9.58g (38.3%), Magnesium: 133.38mg (33.34%), Phosphorus: 330.73mg (33.07%), Vitamin E: 4.49mg (29.94%), Potassium: 1045.72mg (29.88%), Vitamin B6: 0.6mg (29.76%), Iron: 5.01mg (27.85%), Copper: 0.53mg (26.65%), Vitamin B2: 0.37mg (21.82%), Vitamin B1: 0.32mg (21.53%), Vitamin B3: 3.84mg (19.21%), Zinc: 2.42mg (16.14%), Vitamin B5: 0.93mg (9.34%), Selenium: 6.14µg (8.78%), Calcium: 76.07mg (7.61%), Vitamin B12: 0.1µg (1.72%)