



Summer Vegetable Quinoa Burrito Bowls with Corn, Zucchini and Black Beans



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large avocado diced
- ☐ 1 cup black beans
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 cup regular corn (optionally grilled)
- ☐ 0.3 cup green onions
- ☐ 1 cup pico de gallo
- ☐ 0.3 cup queso fresco crumbled (or feta)

- ☐ 1 cup quinoa rinsed
- ☐ 1.8 cups water
- ☐ 1 cup zucchini shredded

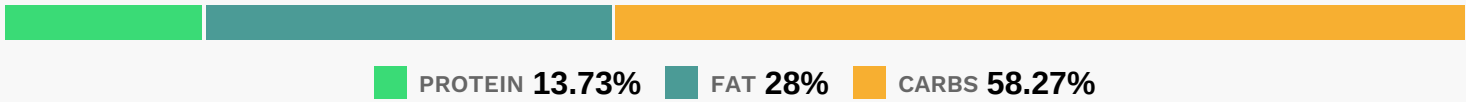
Equipment

- ☐ bowl

Directions

- ☐ Bring the quinoa and water to a boil, reduce the heat and simmer covered until the quinoa is tender and all of the water has been absorbed.Assemble burrito bowls and enjoy.

Nutrition Facts



Properties

Glycemic Index:51.13, Glycemic Load:6.47, Inflammation Score:-8, Nutrition Score:22.188695498135%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 387.17kcal (19.36%), Fat: 12.71g (19.55%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 59.49g (19.83%), Net Carbohydrates: 47.98g (17.45%), Sugar: 8.5g (9.44%), Cholesterol: 5.26mg (1.75%), Sodium: 471.49mg (20.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.04%), Manganese: 1.26mg (63.04%), Folate: 204.42µg (51.11%), Fiber: 11.51g (46.03%), Magnesium: 148.36mg (37.09%), Phosphorus: 354.13mg (35.41%), Vitamin K: 28.15µg (26.81%), Copper: 0.5mg (24.9%), Vitamin B6: 0.48mg (24.05%), Potassium: 832.77mg (23.79%), Vitamin B1: 0.35mg (23.24%), Vitamin C: 17.37mg (21.05%), Iron: 3.54mg (19.64%), Zinc: 2.7mg (17.97%), Vitamin B2: 0.3mg (17.46%), Vitamin B5: 1.54mg (15.36%), Vitamin E: 2.24mg (14.91%), Vitamin A: 702.45IU (14.05%), Vitamin B3: 2.57mg (12.86%), Calcium: 95.16mg (9.52%), Selenium: 5.99µg (8.55%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.21µg (1.37%)