



## Suzy's Special Red Quinoa

 **Gluten Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

### Ingredients

- 1 tablespoon five-spice powder chinese
- 1 cube beef bouillon from cube
- 0.3 teaspoon pepper black
- 1.5 teaspoons butter
- 0.3 teaspoon ground ginger
- 1 cup quinoa red rinsed drained
- 2 cups water

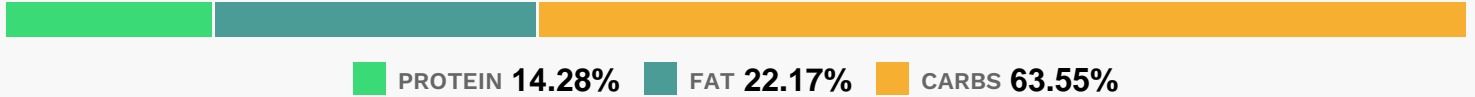
### Equipment

sauce pan

## Directions

Place the water, butter, five-spice powder, ginger, black pepper, and beef bouillon cube into a saucepan over medium heat, and bring to a boil. Stir the mixture to dissolve the bouillon cube, then add the quinoa. Reduce heat to a simmer, cover, and cook until all the water is absorbed, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:21.75, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:9.769130424151%

## Nutrients (% of daily need)

Calories: 176.54kcal (8.83%), Fat: 4.39g (6.75%), Saturated Fat: 1.28g (8%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 25.03g (9.1%), Sugar: 0.01g (0.01%), Cholesterol: 4.03mg (1.34%), Sodium: 24.15mg (1.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Manganese: 0.96mg (48.1%), Magnesium: 88.42mg (22.1%), Phosphorus: 202.91mg (20.29%), Folate: 78.49µg (19.62%), Iron: 2.63mg (14.6%), Copper: 0.29mg (14.39%), Fiber: 3.28g (13.12%), Vitamin B6: 0.22mg (10.98%), Vitamin B1: 0.16mg (10.62%), Zinc: 1.43mg (9.53%), Vitamin B2: 0.14mg (8.32%), Potassium: 268.79mg (7.68%), Vitamin E: 1.08mg (7.21%), Selenium: 3.8µg (5.43%), Vitamin B3: 0.72mg (3.61%), Calcium: 36.04mg (3.6%), Vitamin B5: 0.35mg (3.47%), Vitamin A: 58.97IU (1.18%)