



Tangerine Quinoa Pilaf

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings chives minced
- 0.3 cup currants dried
- 1 finely shredded zest from 1 tangerine shredded finely
- 1 cup chicken broth reduced-sodium
- 0.3 cup pinenuts toasted
- 1 cup quinoa rinsed
- 4 servings salt
- 0.5 cup tangerine juice fresh

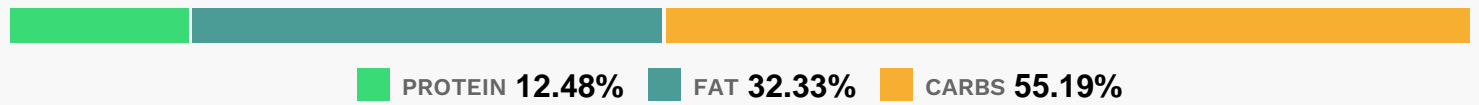
Equipment

sauce pan

Directions

- In a medium saucepan, bring broth and tangerine juice to a boil over high heat.
- Add quinoa, cover, reduce heat, and simmer until tender, about 20 minutes. Fluff quinoa with a fork and stir in pine nuts, zest, currants, and chives. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.05, Inflammation Score:-6, Nutrition Score:16.280434732852%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 12.49mg, Hesperetin: 12.49mg, Hesperetin: 12.49mg, Hesperetin: 12.49mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 286.25kcal (14.31%), Fat: 10.75g (16.54%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 41.3g (13.77%), Net Carbohydrates: 36.96g (13.44%), Sugar: 9.45g (10.5%), Cholesterol: 0mg (0%), Sodium: 218.38mg (9.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.67%), Manganese: 1.91mg (95.67%), Magnesium: 119.69mg (29.92%), Phosphorus: 293.44mg (29.34%), Copper: 0.48mg (23.82%), Folate: 86.86µg (21.71%), Vitamin C: 15.05mg (18.24%), Fiber: 4.34g (17.37%), Iron: 3.04mg (16.87%), Vitamin B1: 0.23mg (15.45%), Vitamin E: 2.18mg (14.5%), Zinc: 2.17mg (14.46%), Potassium: 502.15mg (14.35%), Vitamin B6: 0.27mg (13.58%), Vitamin B2: 0.2mg (11.87%), Vitamin B3: 2.16mg (10.82%), Vitamin K: 8.59µg (8.18%), Selenium: 3.86µg (5.52%), Vitamin B5: 0.45mg (4.46%), Calcium: 44.18mg (4.42%), Vitamin A: 145.8IU (2.92%)