



WHATSheATE



Toasted Quinoa With Chiles and Corn



Vegetarian



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



196 kcal

Ingredients

- ☐ 1 cup no salt-added whole-kernel corn canned drained
- ☐ 14 ounce chicken broth fat-free reduced-sodium canned
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup jalapeño peppers chopped
- ☐ 2 tablespoons juice of lime
- ☐ 1 cup quinoa uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup scallions thinly sliced
- ☐ 1 teaspoon cocoa unsweetened

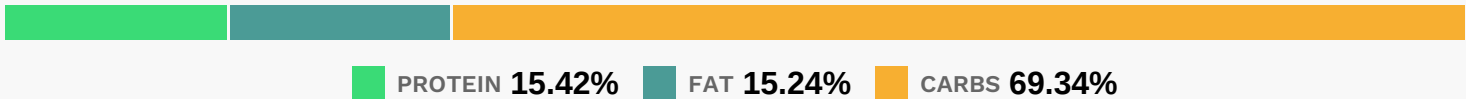
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Add the quinoa to a 2-quart saucepan with a tight-fitting lid, and place the pan over high heat. Swirl the quinoa in the pan to toast it evenly. When the grains are fragrant and crackle, remove from heat.
- ☐ Add cumin, salt, and cocoa, then slowly add the broth (be careful; it might boil over).
- ☐ Put the pan over high heat, then bring to a boil. Reduce heat to low, and cook, covered, for 15 minutes or until liquid is absorbed.
- ☐ Stir in the corn and jalapeo peppers; cover and cook for 2 more minutes. Stir in scallions and lime juice.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:13.12173915946%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 196.33kcal (9.82%), Fat: 3.44g (5.29%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 35.21g (11.74%), Net Carbohydrates: 30.87g (11.23%), Sugar: 2.57g (2.85%), Cholesterol: 0mg (0%), Sodium: 784.95mg (34.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.66%), Manganese: 0.97mg (48.37%), Folate: 101.27µg (25.32%), Magnesium: 96.11mg (24.03%), Phosphorus: 233.64mg (23.36%), Fiber: 4.34g (17.37%), Vitamin C: 13.01mg (15.78%),

Copper: 0.31mg (15.39%), Iron: 2.68mg (14.88%), Vitamin B6: 0.28mg (13.83%), Vitamin K: 14.4µg (13.72%), Vitamin B1: 0.19mg (12.45%), Vitamin B2: 0.21mg (12.12%), Potassium: 380.59mg (10.87%), Zinc: 1.55mg (10.34%), Vitamin E: 1.41mg (9.4%), Vitamin B3: 1.78mg (8.89%), Selenium: 6.18µg (8.83%), Vitamin B5: 0.63mg (6.31%), Calcium: 36.78mg (3.68%), Vitamin A: 177.66IU (3.55%), Vitamin B12: 0.2µg (3.31%)