



 **14%**  
HEALTH SCORE

## Tropical Breakfast Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup quinoa cooked
- 0.5 cup lite coconut milk light
- 3 tablespoons pineapple crushed
- 0.3 teaspoon cinnamon
- 1 teaspoon maple syrup
- 2 tablespoons coconut or toasted
- 5 pecans
- 0.5 cup strawberries sliced

1 teaspoon balsamic vinegar

## Equipment

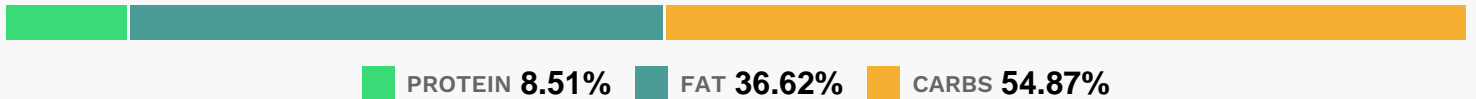
pot

## Directions

In a medium size pot combine cooked quinoa, coconut milk, crushed pineapple, cinnamon and maple syrup; stir to combine. Bring to a boil and reduce heat. Cook for 5 minutes, stirring occasionally.

Top quinoa mixture with toasted coconut, pecans, sliced strawberries and balsamic vinegar.

## Nutrition Facts



## Properties

Glycemic Index:102.25, Glycemic Load:11.01, Inflammation Score:-5, Nutrition Score:10.322173913043%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Taste

Sweetness: 100%, Saltiness: 71.21%, Sourness: 68.22%, Bitterness: 35.82%, Savoriness: 47.62%, Fattiness: 48.82%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 231.65kcal (11.58%), Fat: 9.44g (14.52%), Saturated Fat: 5.25g (32.83%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 27.3g (9.93%), Sugar: 8.65g (9.62%), Cholesterol: 0mg (0%), Sodium: 50.64mg (2.2%), Protein: 4.93g (9.87%), Manganese: 1.08mg (54.13%), Vitamin C: 23.47mg (28.44%), Magnesium: 74.23mg (18.56%), Fiber: 4.52g (18.07%), Phosphorus: 166.77mg (16.68%), Copper: 0.28mg (14.19%), Folate: 50.68µg (12.67%), Vitamin B1: 0.16mg (10.6%), Iron: 1.84mg (10.23%), Vitamin B2: 0.16mg (9.67%), Zinc: 1.33mg (8.84%), Potassium: 285.59mg (8.16%), Vitamin B6: 0.16mg (7.89%), Vitamin E: 0.76mg (5.06%), Selenium: 3.47µg (4.95%), Calcium: 35.18mg (3.52%), Vitamin B3: 0.66mg (3.29%), Vitamin K: 1.16µg (1.1%)