



Vegetable Fried Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- 1 teaspoon vinegar black (or rice vinegar)
- 12 ounces bok choy
- 1 cup carrots diced
- 2 cloves garlic minced
- 1 teaspoon ginger minced
- 2 tablespoons soy sauce low-sodium
- 1 cup mushrooms diced
- 1 cup quinoa rinsed well (see Note)

- 0.3 teaspoon salt
- 3 ounces tofu firm
- 0.5 cup vegetable stock fat-free
- 2 cups water

Equipment

- frying pan
- pot
- wok

Directions

- Put the quinoa, water, salt, and 1 clove chopped garlic into a medium-sized pot. Bring to a boil, reduce heat, cover, and simmer until water is absorbed and quinoa is tender, about 15–20 minutes. While the quinoa is cooking, prepare the vegetables. Wash each stalk of bok choy then cut it in two about where the leaves begin. Set the bottom white stalk aside and save for another use. Chop the remaining stalk and greens into bite-sized pieces. Spray a large, deep skillet or wok with cooking spray and heat it. Assemble the vegetables nearby, along with the vegetable broth and a tablespoon. When the skillet is hot, add the ginger root, garlic, and carrots and stir-fry for about 1 minute.
- Add about 1 tablespoon of the broth and continue to cook and stir for another 2 minutes, adding another splash of broth if the garlic starts to stick or dry out.
- Add the mushrooms and another tablespoon of broth, and cook another 2 minutes.
- Add the bok choy and 2 tablespoons of broth, stir, and cover. Cook until the bok choy is tender but still bright green, just a few minutes. Crumble the tofu into the vegetable mixture.
- Mix the soy sauce and vinegar with the remaining broth and pour it over the tofu. Stir and cook for 1 or 2 minutes, just enough to heat the tofu. Fluff the cooked quinoa and add it to the vegetables.
- Mix well, and cook until heated through.
- Serve with additional soy sauce, hot mustard, or chili sauce at the table.

Nutrition Facts



■ PROTEIN 20.2% ■ FAT 15.98% ■ CARBS 63.82%

Properties

Glycemic Index:58.46, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:23.583478200695%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 212.61kcal (10.63%), Fat: 3.88g (5.97%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 29.64g (10.78%), Sugar: 3.37g (3.75%), Cholesterol: 0mg (0%), Sodium: 638.64mg (27.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.07%), Vitamin A: 9214.54IU (184.29%), Manganese: 1.12mg (55.87%), Vitamin C: 41.16mg (49.89%), Vitamin K: 42.95µg (40.9%), Folate: 148.11µg (37.03%), Magnesium: 113.19mg (28.3%), Phosphorus: 273.33mg (27.33%), Vitamin B6: 0.47mg (23.66%), Fiber: 5.23g (20.92%), Vitamin B2: 0.33mg (19.46%), Copper: 0.39mg (19.4%), Potassium: 668.62mg (19.1%), Iron: 3.23mg (17.95%), Calcium: 156.04mg (15.6%), Vitamin B1: 0.23mg (15.59%), Zinc: 1.78mg (11.84%), Vitamin B3: 2.36mg (11.79%), Selenium: 6.56µg (9.38%), Vitamin E: 1.36mg (9.08%), Vitamin B5: 0.89mg (8.85%)