



What I Did With Quinoa

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon adobo seasoning
- 15 ounce black beans drained canned
- 1 tablespoon canola oil
- 2 cups chicken broth
- 1 cup corn kernels frozen
- 1 teaspoon cilantro leaves dried
- 1 head garlic chopped
- 0.5 teaspoon garlic powder

- 1 pound ground chicken
- 0.5 teaspoon ground cumin
- 4 servings salt and ground pepper black to taste
- 1 small onion chopped
- 1 cup quinoa
- 1 bell pepper red chopped

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Soak quinoa in a bowl of water for 20 minutes; drain.
- Heat 1 tablespoon canola oil in a frying pan over medium heat; saute onion, red bell pepper, and garlic until soft, 5 to 10 minutes.
- Combine chicken broth, quinoa, 1/4 cup onion mixture, 1/4 cup sofrito, 1 teaspoon cumin, cilantro, salt, and pepper in a saucepan; bring to a boil. Cover saucepan with a lid, reduce heat, and simmer until quinoa is tender and liquid is absorbed, about 20 minutes. Stir corn into quinoa mixture and cook until corn is warmed, about 5 minutes.
- Heat 1 tablespoon canola oil in a skillet over medium heat; cook and stir chicken, adobo seasoning, garlic powder, 1/2 teaspoon cumin, salt, and pepper together until chicken is no longer pink, 5 to 10 minutes.
- Mix quinoa mixture, remaining onion mixture, black beans, and 1/2 cup sofrito into chicken mixture; cook until heated through, 2 to 3 more minutes.

Nutrition Facts



PROTEIN 26.91% **FAT 28.54%** **CARBS 44.55%**

Properties

Glycemic Index:34, Glycemic Load:1.44, Inflammation Score:-9, Nutrition Score:31.517391474351%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 510.91kcal (25.55%), Fat: 16.53g (25.43%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 58.05g (19.35%), Net Carbohydrates: 45.69g (16.62%), Sugar: 4.42g (4.91%), Cholesterol: 99.87mg (33.29%), Sodium: 1002.62mg (43.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.06g (70.12%), Manganese: 1.44mg (71.86%), Phosphorus: 564.15mg (56.42%), Vitamin C: 45.26mg (54.86%), Vitamin B6: 1.08mg (53.79%), Fiber: 12.36g (49.42%), Folate: 177.21µg (44.3%), Vitamin B3: 8.68mg (43.4%), Vitamin B2: 0.68mg (40.15%), Magnesium: 160.45mg (40.11%), Potassium: 1370.65mg (39.16%), Vitamin B1: 0.51mg (34.02%), Iron: 5.62mg (31.21%), Copper: 0.6mg (30.12%), Zinc: 4.01mg (26.7%), Selenium: 18.68µg (26.69%), Vitamin B5: 2.09mg (20.85%), Vitamin A: 968.64IU (19.37%), Vitamin E: 2.54mg (16.91%), Vitamin B12: 0.66µg (10.98%), Calcium: 92.67mg (9.27%), Vitamin K: 5.57µg (5.31%)