

Yellow Quinoa

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



178 kcal

SIDE DISH

Ingredients

- 1 tablespoons adobo seasoning
- 1 tablespoon butter
- 1.5 teaspoons chiles green homemade canned chopped for up to a month, can be used for additions to scrambled eggs, pizza, etc. (leftovers will keep in the refrigerator)
- 3 tablespoons flat-leaf parsley plus more for garnish roughly chopped
- 1 garlic clove minced
- 1 bell pepper green thinly sliced
- 1 tablespoon olive oil extra-virgin
- 1 medium onion chopped

- 1.8 cups quinoa
- 8 servings salt
- 2.5 cups water

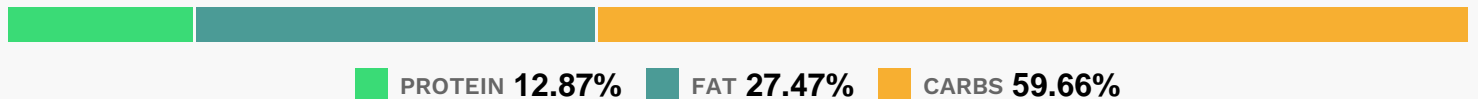
Equipment

- frying pan
- sauce pan
- colander

Directions

- Rinse the quinoa very well and drain it in a colander. This will remove the bitter powder-like coating, called saponin, a natural coating designed to repel bugs that can create a bitter taste.
- Put the quinoa in a medium saucepan, add the water and let it cook for 15 to 20 minutes or until the quinoa is puffed and the water is absorbed. Fluff with a fork.
- In a separate large frying pan, heat the oil and the butter over medium-high heat until butter is melted.
- Add the onion, green pepper, and garlic, and green pepper and cook. Stir until the onion is transparent; approximately 5 to 7 minutes.
- Add the green chiles, the adobo, the parsley and the salt to taste.
- Add the cooked quinoa and mix thoroughly.
- Serve hot, garnished with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:11.02043475486%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 177.95kcal (8.9%), Fat: 5.49g (8.44%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 23.57g (8.57%), Sugar: 0.98g (1.09%), Cholesterol: 3.76mg (1.25%), Sodium: 216.8mg (9.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.57%), Manganese: 0.81mg (40.54%), Vitamin K: 26.94µg (25.66%), Magnesium: 78.55mg (19.64%), Folate: 75.84µg (18.96%), Vitamin C: 15.42mg (18.69%), Phosphorus: 183.01mg (18.3%), Fiber: 3.25g (13.01%), Copper: 0.26mg (12.76%), Vitamin B6: 0.25mg (12.73%), Iron: 1.96mg (10.88%), Vitamin B1: 0.16mg (10.35%), Vitamin E: 1.28mg (8.51%), Zinc: 1.26mg (8.37%), Potassium: 278.74mg (7.96%), Vitamin B2: 0.13mg (7.66%), Selenium: 3.54µg (5.06%), Vitamin A: 231.81IU (4.64%), Vitamin B3: 0.69mg (3.45%), Vitamin B5: 0.34mg (3.37%), Calcium: 28.78mg (2.88%)