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## Vegan Buddha Bowl ♦

A Buddha Bowl is a balanced and nutritious meal that typically consists of a variety of vegetables, grains, legumes, and a flavorful sauce. This vegan version of the Buddha Bowl is packed with plant-based protein and fiber, making it a healthy and satisfying meal option. It is perfect for vegans and those looking to incorporate more plant-based meals into their diet.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

100 g	Quinoa
150 g	Chickpeas
100 g	kale
100 g	Carrots

<b>100 g</b>	cucumber
<b>100 g</b>	Avocado
<b>2 tbsp</b>	lemon juice
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	pepper

## Directions

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### Step 1

#### Boiling

Cook quinoa according to package instructions.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 2

#### Roasting

Preheat oven to 400°F (200°C). Drain and rinse chickpeas. Spread them on a baking sheet and toss with olive oil, salt, and pepper. Roast for 20 minutes, or until crispy.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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### Step 3

Massage kale with lemon juice and a pinch of salt for a few minutes until it becomes tender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 4

Cutting

Slice carrots and cucumber into thin strips.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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### Step 5

Assemble the Buddha Bowl by dividing cooked quinoa, roasted chickpeas, massaged kale, sliced carrots, cucumber, and avocado into two bowls. Drizzle with olive oil and lemon juice. Season with salt and pepper.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 15 g

**Protein:** 15 g

**Carbohydrates:** 50 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	15 g	39.47%	60%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	800 mg	23.53%	30.77%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Game Day

### Cuisines

Thai Mediterranean

### Course

Salads Snacks

### Cultural

Chinese New Year Oktoberfest St. Patrick's Day Easter

### Cost

\$10 to \$20

### Demographics

Senior Friendly Diabetic Friendly

### Diet

Mediterranean Diet Weight Watchers (WW) Diet Atkins Diet Vegetarian Diet  
Vegan Diet Pescatarian Diet

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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