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Quinoa Porridge

Quinoa porridge is a nutritious and delicious breakfast option. It is made by cooking quinoa in milk or water until it becomes creamy and soft. This recipe is vegan-friendly and can be customized with various toppings and flavors.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	Quinoa
400 ml	plant-based milk
2 tbsp	maple syrup
1 tsp	Cinnamon
50 g	fresh berries

30 g chopped nuts

Directions

Step 1

Rinse the quinoa under cold water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

In a saucepan, combine the quinoa and plant-based milk. Bring to a boil.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Simmering

Reduce heat to low and simmer for 10-15 minutes, or until the quinoa is cooked and the mixture thickens.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Stirring

Stir in the maple syrup and cinnamon.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Plating

Divide the porridge into bowls and top with fresh berries and chopped nuts.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 6 g

Protein: 10 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring

Summer

Meal Type

Breakfast

Lunch

Snack

Brunch

Dinner

Supper

Nutritional Content

Low Sodium

Kitchen Tools

Blender

Oven

Course

Appetizers

Salads

Soups

Snacks

Cultural

Chinese New Year

Demographics

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Difficulty Level

Medium

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