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Coconut Quinoa ♦♦

Coconut Quinoa is a delicious and nutritious vegan recipe that combines the flavors of coconut and quinoa. It is a versatile dish that can be enjoyed as a main course or as a side dish. The quinoa is cooked in coconut milk, which gives it a creamy and slightly sweet taste. It is a great option for those following a vegan or vegetarian diet.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Quinoa
400 ml	coconut milk
1 tsp	Salt
10 g	Cilantro

1 Lime
pieces

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, coconut milk, and salt. Bring to a boil.

Prep Time: 5 mins

Cook Time: 15 mins

Step 3

Simmering

Reduce heat to low, cover, and simmer for 15 minutes or until the quinoa is tender and the liquid is absorbed.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Resting

Fluff the quinoa with a fork and let it cool for a few minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Garnish with chopped cilantro and squeeze fresh lime juice over the quinoa.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 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	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	50 mg	5%	5%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Mediterranean

Course

Salads

Sauces & Dressings

Diet

Raw Food Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Beverly Hills Diet

The Werewolf Diet

The Shangri-La Diet

The Best Life Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

The Eat-Clean Diet

The Peanut Butter Diet

The Bulletproof Diet

The Carnivore Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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