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## Pineapple Sriracha Breakfast Bowl

A delicious and spicy breakfast bowl featuring pineapple and sriracha sauce. This bowl is perfect for those who enjoy a kick of heat in the morning. It can be customized with your favorite toppings and is a great way to start the day.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

200 g	Pineapple
2 tsp	sriracha sauce
4 pieces	Eggs
100 g	Avocado
50 g	Green Onions

20 g	Cilantro
200 g	cooked quinoa
1 tsp	salt
1 tsp	pepper

## Directions

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### Step 1

Boiling

Cook the quinoa according to package instructions.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 2

Cutting

Cut the pineapple into small chunks.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Cutting

Slice the green onions and cilantro.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mashing

Mash the avocado with a fork.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

In a bowl, combine the cooked quinoa, pineapple chunks, sliced green onions, and cilantro.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Seasoning

Season with salt and pepper to taste.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 7

Frying

In a separate pan, cook the eggs to your desired doneness.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 8

Plating

Serve the quinoa mixture in bowls, top with mashed avocado and a fried egg.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 10 g

**Protein:** 20 g

**Carbohydrates:** 50 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	8 g	21.05%	32%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
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	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer

Fall

## Meal Type

Breakfast

Snack

Brunch

Lunch

Supper

## Kitchen Tools

Blender

Microwave

## Course

Salads

Soups

Snacks

## Cultural

Chinese New Year

Easter

## Demographics

Teen Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Atkins Diet

Vegetarian Diet

## Difficulty Level

Easy

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