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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

Step 1

Boiling

Cook the quinoa according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Cutting

Cut the pineapple into small chunks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Slice the green onions and cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4



Mash the avocado with a fork.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5



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

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Seasoning

Season with salt and pepper to taste.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Frying

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

Prep Time: 2 mins

Cook Time: 5 mins

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

Nutrition Facts

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

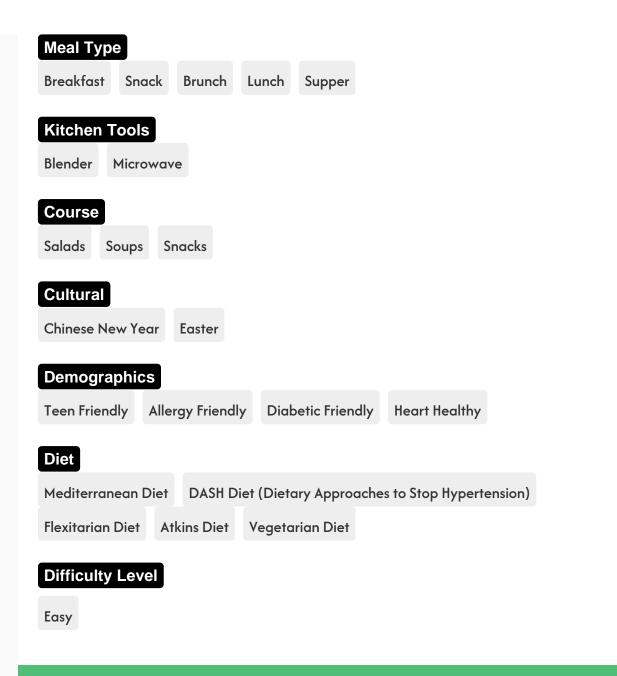
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer

Fall



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