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Quinoa Pilaf

Quinoa pilaf is a delicious vegetarian dish made with quinoa, vegetables, and spices. It is a healthy and nutritious option for a meal. The dish originated in the Mediterranean region and is commonly consumed as a main course. It is a versatile recipe that can be customized with different vegetables and seasonings.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Quinoa
400 ml	vegetable broth
100 g	onion
100 g	carrot
100 g	bell pepper

2 cloves	garlic
2 tbsp	olive oil
1 tsp	Cumin
1 tsp	Paprika
0.5 tsp	Salt
0.5 tsp	Black pepper
20 g	fresh parsley
2 tbsp	Lemon juice

Directions

Step 1

Preparation

Rinse the quinoa under cold water.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

In a saucepan, heat olive oil over medium heat. Add chopped onion, carrot, bell pepper, and minced garlic. Cook until vegetables are tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Boiling

Add quinoa, vegetable broth, cumin, paprika, salt, and black pepper to the saucepan. Bring to a boil, then reduce heat and simmer for 15-20 minutes or until quinoa is cooked and liquid is absorbed.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Resting

Remove from heat and let the pilaf rest for 5 minutes. Fluff the quinoa with a fork. Stir in freshly chopped parsley and lemon juice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the quinoa pilaf as a side dish or a main course. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 6 g

Protein: 6 g

Carbohydrates: 26 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	26 g	47.27%	52%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 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	50 iu	5.56%	7.14%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	10 mg	769.23%	769.23%
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	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	6 mcg	10.91%	10.91%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Game Day

Cuisines

Italian Chinese Mediterranean American

Course

Salads Soups Snacks Sauces & Dressings

Diet

Nordic Diet Vegetarian Diet Anti-Inflammatory Diet The Fast Metabolism Diet

The Gerson Therapy The CICO (Calories In, Calories Out) Diet

The Specific Carbohydrate Diet (SCD) The High-Iron Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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