



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Quinoa with Mushrooms, Spinach, and Sweet Potatoes ♦

A delicious and healthy vegan recipe that combines quinoa, mushrooms, spinach, and sweet potatoes. This recipe is packed with nutrients and is perfect for a vegan lifestyle.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Quinoa
150 g	Mushrooms
100 g	spinach
200 g	Sweet Potatoes
2 tbsp	olive oil

2 cloves	garlic
-------------	--------

1 tsp	salt
-------	------

1 tsp	black pepper
-------	--------------

Directions

Step 1

Boiling

Cook quinoa according to package instructions.

Prep Time: 10 mins

Cook Time: 15 mins

Step 2

Sautéing

Heat olive oil in a large skillet over medium heat. Add garlic and cook until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add mushrooms and sweet potatoes to the skillet. Cook until mushrooms are tender and sweet potatoes are cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Sautéing

Add spinach to the skillet and cook until wilted.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Season with salt and black pepper.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Serve quinoa topped with the mushroom, spinach, and sweet potato mixture.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	10 g	26.32%	40%
Sugars	5 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	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5000 iu	555.56%	714.29%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	100 mg	10%	10%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	5 mg	62.5%	27.78%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Barbecue Picnic

Cuisines

Italian Mexican Mediterranean Spanish American Middle Eastern

Nutritional Content

High Protein Low Fat Low Carb High Fiber Low Sodium Sugar-Free
High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

Visit our website: healthdor.com