



CILANTRO LIME QUINOA

Serving Size: 4

Prep Time: 5 minutes

Total Time: 25 minutes

INGREDIENTS

1 cup quinoa

2 cups water

Juice of 1/2 of a lime

3 tablespoon fresh cilantro, chopped

DIRECTIONS

1. Bring water to a boil in a medium saucepan.
2. Stir in the quinoa, cover and reduce heat to a low simmer.
3. Cook according to package directions until water is just absorbed by the quinoa.
4. Stir to fluff and then gently stir in the lime juice and cilantro.

a taste of the tropics

CILANTRO LIME QUINOA

Benefits of Quinoa



High in anti-inflammatory phytonutrients which can aid in disease prevention and treatment!

Quinoa is a complete source of protein which means the grain contains all 9 essential amino acids.

Quinoa is an excellent source of fiber and contains twice as much as other grains. It also a low glycemic index carbohydrate option as it is slowly digested therefore having a slow, steady impact on blood sugar.

Nutrition Facts

Servings 1.0

Amount Per Serving 1/2 cup

calories 121

% Daily Value *

Total Fat 2 g 3 %

Saturated Fat 0 g 0 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 7 mg 0 %

Potassium 236 mg 7 %

Total Carbohydrate 22 g 7 %

Dietary Fiber 3 g 11 %

Sugars 1 g

Protein 4 g 8 %

Vitamin A 11 %

Vitamin C 15 %

Calcium 6 %

Iron 9 %

Cilantro lime quinoa is a complex carbohydrate and low-sodium option making it diabetic friendly and heart healthy. The quinoa is low calorie, high protein and also a great source of vitamin C.