

Recipe Analyzer Results

A single serving of this recipe has 332 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 6

Amount per serving

Calories **332**

% Daily Value*

Total Fat 15.4g **20%**

Saturated Fat 6.6g **33%**

Cholesterol 35mg **12%**

Sodium 384mg **17%**

Total Carbohydrate 39.5g **14%**

Dietary Fiber 5.6g **20%**

Total Sugars 4.8g

Protein 14.8g

Vitamin D 0mcg 0%

Calcium 199mg 15%

Iron 4mg 21%

Ingredients:

- 10 ml (2 tsp) extra virgin olive oil
- 1 leek, white and light green part only, thinly sliced
- 3 cloves garlic, minced
- 1 red, orange or yellow bell pepper, chopped
- 10 ml (2 tsp) Italian herb seasoning
- 250 ml (1 cup) quinoa, rinsed
- 500 ml (2 cups) broccoli florets
- 425 ml (1 3/4 cups) sodium reduced vegetable broth
- 250 ml (1 cup) corn kernels
- 175 ml (3/4 cup) shredded light old Cheddar cheese
- 15 ml (1 tbsp) chopped fresh parsley

Potassium 517mg

11%

Nutrition Facts

Servings: 6

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**