

Recipe Analyzer Results

A single serving of this recipe has 192 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: 4

Amount per serving

Calories 192

% Daily Value*

Total Fat 2.2g 3%

Saturated Fat 0.6g 3%

Cholesterol 3mg 1%

Sodium 32mg 1%

Total Carbohydrate 38.7g 14%

Dietary Fiber 3.3g 12%

Total Sugars 20.6g

Protein 5.8g

Vitamin D 34mcg 168%

Calcium 95mg 7%

Iron 2mg 8%

Ingredients:

- 125 ml (1/2 cup) uncooked quinoa
- 250 ml (1 cup) unsweetened fortified plant-based beverage or lower fat milk
- 125 ml (1/2 cup) water
- 1 ml (1/4 tsp) ground cinnamon
- 1/2 ml (1/8 tsp) ground nutmeg
- 20 ml (1 1/2 tbsp) honey
- 1 apple, finely diced
- 5 ml (1 tsp) vanilla extract
- 60 ml (1/4 cup) raisin

Potassium 358mg

8%

Nutrition Facts

Servings: 4

**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**