

## Recipe Analyzer Results

A single serving of this recipe has 156 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** **156**

% Daily Value\*

**Total Fat** 3.6g **5%**

Saturated Fat 0.4g **2%**

**Cholesterol** 0mg **0%**

**Sodium** 171mg **7%**

**Total Carbohydrate** 26.4g **10%**

Dietary Fiber 3.7g **13%**

Total Sugars 4.4g

**Protein** 5.3g

Vitamin D 0mcg **0%**

Calcium 40mg **3%**

Iron 2mg **12%**

### Ingredients:

- 250 ml (1 cup) quinoa, rinsed well
- 425 ml (1 3/4 cups) sodium reduced vegetable broth
- 1 clove garlic, minced
- 5 ml (1 tsp) chopped fresh thyme or 2 mL (1/2 tsp) dried thyme leaves
- 2 red, yellow or green bell peppers, seeded and quartered
- 1 large carrot, peeled and sliced lengthwise
- 1 zucchini, sliced lengthwise
- 10 ml (2 tsp) canola oil
- 2 ml (1/2 tsp) grated lemon rind
- 1 ml (1/4 tsp) fresh ground pepper
- 60 ml (1/4 cup) chopped fresh basil
- 30 ml (2 tbsp) cider or white wine vinegar
- 15 ml (1 tbsp) lemon juice

Potassium 386mg

8%

## 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**