

Recipe Name: Herbed Butter Garlic Quinoa Recipe
Diet Type:
Course: Main Course
Cuisine: Continental
Quantity: 1 bowl

5-INGREDIENT GARLIC BUTTER QUINOA

gluten-free | vegan



Ingredients

Ingredient	Quantity
• 1-1/2 cups Quinoa	4
• 6 cloves Garlic - finely chopped	
• 1 Onion - finely chopped	
• 1 teaspoon Red Chilli flakes	
• 1-1/2 tablespoon Mixed Herbs (Dried)	
• 1 teaspoon Extra Virgin Olive Oil	
• 1 tablespoon Butter	
• Salt - to taste	
• 1 teaspoon Lemon juice	

Preparation

- Next, into the pressure cooker, add the onions and cook until it turns transparent.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	8	45	7	5	1

