

Curry Quinoa & Roasted Sugar Snap Peas

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/snap-peas-indian-recipe>

Ingredients:

- 3/4 cup quinoa uncooked
- 1 3/4 cups water
- 1 tablespoon curry powder divided
- 1/4 teaspoon turmeric
- 1/4 teaspoon salt
- 1 pound sugar snap peas
- 1 tablespoon coconut oil
- 1/4 cup diced red onion finely
- 1/4 cup dried apricots diced
- 2 tablespoons sliced almonds
- 2 tablespoons cilantro leaves chopped
- 2 tablespoons mango chutney
- 2 teaspoons rice vinegar
- 2 teaspoons olive oil

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 20 grams
3. Fat: 4.5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 2 grams
7. Sodium: 80 milligrams
8. Sugar: 6 grams

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