

Quinoa

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Quinoa has twice the amount of fibers than other grains

GEEK TALK

Chenopodium quinoa

BUT WE TALK

Goosefoot, Qin-wah & Bathua

DID YOU KNOW?

Quinoa, pseudo-grain, is mainly grown for its edible seeds. It is a “superfood”, considered as the most nutritious grain in the world and considered by the Incas to be “the mother of all grains.” The Incas began to cultivate quinoa over 5,000 years ago believing that it gave power and stamina to their warriors.

Quinoa can be classified according to its saponin concentrations as either “sweet” (saponin free or having less than 0.11% saponins) or “bitter” (containing more than 0.11% saponins).

The saponins in Quinoa represent the major anti-nutritional factor found in the grain. However, most of these saponins are concentrated in the outer layers of the grain, which facilitates their removal industrially by abrasive dehulling or traditionally by washing the grains with water.

2013 was recognized as “The International Year of the Quinoa” by the FAO and it had declared quinoa as a food with “high nutritive value” having an important role to play in the achievement of food security worldwide.

“While no single food can supply all the essential life-sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom.”

NASA has proposed as an ideal food for long-duration space flights.

In times of drought, when other crops in quinoa-growing areas fail, quinoa can actually increase its yields. The crop can thrive on as little as three to four inches of annual rainfall.

KITCHEN PHARMACY

In comparison to wheat, quinoa is higher in fat content and can provide valuable amounts of heart-healthy fats like monounsaturated fat. The processes of boiling, simmering, and steaming quinoa do not appear to significantly compromise the quality of quinoa's fatty acids, allowing us to enjoy its cooked texture and flavor while maintaining this nutrient benefit.

- It is naturally gluten-free, making it an excellent food for celiac patients or for people following a gluten-free diet.
- It contains almost twice as much fiber as most other grains.
- It is high in Riboflavin (B2), which helps improve energy metabolism and helps create proper energy production.
- Quinoa is now used for organic pasta, soft drinks, baby food, vodka, pet food, and cosmetics, etc.
- It is a complete protein containing all amino acids. Quinoa is a very good source of antioxidant-promoting manganese and a good source of heart-healthy magnesium, folate, and fiber, as well as bone-building phosphorus and copper.

RECIPES USING THIS INGREDIENT

