

Lets talk SUPER FOODS! Isn't QUINOA incredible? Many of you know it looks and tastes great, but do you also know why it is SO HEALTHY for you? Well, read on to learn more.

1 cup of uncooked quinoa contains about 626 calories, 24.0g of [protein](#), 10.3g of [fat](#), 109.1g of [carbohydrates](#), and 11.9g of fiber. Quinoa is [gluten-free](#). It is also an excellent [protein](#) source: it contains all 9 essential amino acids required of a complete protein. In addition, it offers [iron](#), [zinc](#), [potassium](#), [calcium](#) and [vitamin E](#). For all these reasons it is often called a "superfood."

Iron is an important mineral, which takes two forms: heme iron (which is better absorbed and found mostly in meat) and non-heme iron (found in plants). Iron assists in oxygen flow, red blood cell formation and blood vessel growth, energy production, and metabolism function. It also helps other proteins and enzymes take form in the body.

Zinc is an essential mineral, and plays many functions in the body including aiding in growth and development, neurological function, reproduction, and immune function, as well as supporting cell structure.

Potassium is an essential mineral, and is important for cell membrane behavior including nerve impulse transmission, cardiac function, and muscle contraction.

Calcium is the most common mineral in the human body. It is known for its importance to bone and teeth health, but it has other important jobs, too: for example, it regulates nerve impulse transmissions, muscle contractions, and hormone secretions.

Vitamin E family contains eight antioxidants. In addition to scavenging free radicals and acting as an antioxidant, vitamin E helps with cell signaling, and helps facilitate the expression of immune cells.

Once cooked, quinoa can be eaten as a warm side dish, cooled and added to a salad, or incorporated into many other dishes.

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