



Saponins

Quinoa contains saponins (natural glycosides), which can cause mild allergic-like reactions (e.g., itching, digestive discomfort) in sensitive individuals. Not a true IgE-mediated allergy but may mimic symptoms. Typically removed by rinsing before cooking.

Nutrients

Recipe preparation steps



Gastrointestinal discomfort, Oral irritation, Headache, Allergic reactions, Fatigue



Avoidance of saponin-rich foods, Hydration, Over-the-counter antacids, Probiotics, Medical Consultation

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