

Rice vs Quinoa (vsdiff.com)

Attribute	Rice	Quinoa
Botanical / type	<i>True cereal (Oryza spp.)</i>	<i>Pseudocereal (Chenopodium quinoa)</i>
Origins & domestication	East Asia; domesticated ~ 8,000-9,000 years ago	Andean region; domesticated ~ 5,000-7,000 years ago
Cooked energy (per 100 g)	~ 110-130 kcal	~ 120-140 kcal
Protein (per 100 g cooked)	~ 2-3 g	~ 4-5 g (contains <i>all essential amino acids</i>)
Fiber (per 100 g cooked)	~ 0.3-1 g	~ 2-3 g
Glycemic index (typical ranges)	55-90 (depends on variety & processing)	35-53 (varies with cooking & seed prep)
Gluten status	<i>Naturally gluten-free</i> if uncontaminated	<i>Gluten-free</i>
Common culinary roles	Staple side, starch base	Salads, porridge, protein-rich base
Cost & availability	Generally cheaper and widely available	Often more expensive , variable by market

Source: <https://vsdiff.com/rice-vs-quinoa/>