



5:2 Diet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



40 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

Ingredients

- 28 g coriander fresh finely chopped
- 1 clove garlic finely grated
- 1 inch cm ginger fresh finely grated
- 2 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp olive oil
- 1 medium onion finely chopped
- 150 g lentils red

- 6 servings grinding of salt & pepper black good
- 400 g tomatoes chopped canned tinned
- 3 vegetable stock cubes dissolved in 3 pints of hot water

Equipment

- frying pan

Directions

- Saute the onion, garlic and ginger in the olive oil until the onion is soft. Because we aren't using much oil, you may need to add a splash of water to prevent sticking.
- Add the spices and mix well until the onion is well coated.
- Pour in the tomatoes, lentils and vegetable stock and bring to the boil. Reduce to a simmer and cook for 30 minutes, stirring occasionally as lentils have a tendency to catch on the bottom of the pan.
- Add the coriander and season with salt and pepper.
- Enjoy!

Nutrition Facts



PROTEIN 22.89% **FAT 12.27%** **CARBS 64.84%**

Properties

Glycemic Index:29.43, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:12.980434863464%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 136.9kcal (6.84%), Fat: 1.94g (2.98%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 13.51g (4.91%), Sugar: 4.45g (4.94%), Cholesterol: 0mg (0%), Sodium: 627.68mg (27.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.29%), Fiber: 9.56g (38.22%), Folate: 135.15µg (33.79%),

Manganese: 0.56mg (28.03%), Iron: 3.49mg (19.38%), Vitamin B1: 0.29mg (19.06%), Vitamin K: 19.87µg (18.92%), Phosphorus: 147.11mg (14.71%), Potassium: 513.24mg (14.66%), Copper: 0.28mg (14.08%), Vitamin B6: 0.28mg (14.08%), Magnesium: 50.66mg (12.66%), Vitamin C: 10.21mg (12.38%), Zinc: 1.49mg (9.92%), Vitamin A: 476.87IU (9.54%), Vitamin E: 1.22mg (8.14%), Vitamin B3: 1.6mg (8%), Vitamin B5: 0.77mg (7.75%), Vitamin B2: 0.1mg (6.11%), Calcium: 52.11mg (5.21%), Selenium: 2.74µg (3.91%)