

health-score52%

HEALTH SCORE

Armenian Lentils

 Vegetarian

READY IN

ready

48 min.

SERVINGS

servings

4

CALORIES

calories

321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bulgur
- ☐ 2 green onions chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 optional: lemon quartered
- ☐ 1 cup lentils
- ☐ 2 tablespoons olive oil
- ☐ 1 cup yogurt plain
- ☐ 1 teaspoon salt

- ☐ 4 cups water
- ☐ 1 onion yellow chopped

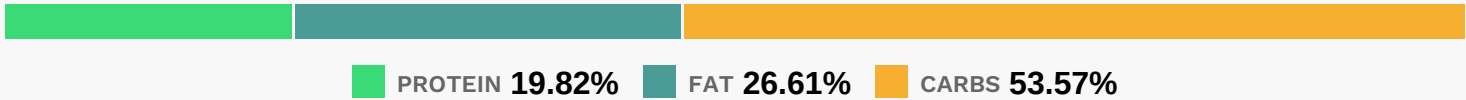
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a skillet over high heat; cook and stir the onion in the oil until caramelized, 5 to 7 minutes; set aside.
- ☐ Bring water to a boil in a pan over medium heat; add the lentils. Return mixture to a boil, reduce heat to low; simmer until the lentils get soupy, about 15 minutes. Stir in the bulgur, salt, and pepper; simmer until water is completely absorbed, about 10 minutes; stir in the caramelized onions.
- ☐ Remove from heat, cover, and allow to rest for 3 to 5 minutes.
- ☐ Divide lentils into 4 even portions; squeeze one lime wedge over each portion and top with green onions and yogurt.

Nutrition Facts



Properties

Glycemic Index:51.78, Glycemic Load:7.57, Inflammation Score:-7, Nutrition Score:21.201304265986%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 320.61kcal (16.03%), Fat: 9.75g (15%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 44.18g (14.73%), Net Carbohydrates: 26.43g (9.61%), Sugar: 5.85g (6.5%), Cholesterol: 7.96mg (2.65%), Sodium: 628.58mg (27.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.69%), Fiber: 17.75g (70.99%), Folate: 248.69µg (62.17%), Manganese: 1.03mg (51.3%), Vitamin B1: 0.48mg (32.29%), Phosphorus: 316.22mg (31.62%), Vitamin C: 19.89mg (24.11%), Iron: 4.27mg (23.7%), Magnesium: 89.61mg (22.4%), Potassium: 690.02mg (19.71%), Zinc: 2.94mg (19.61%), Vitamin K: 20.25µg (19.29%), Vitamin B6: 0.37mg (18.42%), Copper: 0.35mg (17.73%), Vitamin B5: 1.45mg (14.54%), Calcium: 131.46mg (13.15%), Vitamin B2: 0.22mg (12.76%), Vitamin B3: 1.84mg (9.2%), Vitamin E: 1.37mg (9.13%), Selenium: 5.84µg (8.34%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 149.19IU (2.98%)