



Baked Lentils with Cheese

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaf
- 14.5 ounce canned tomatoes canned
- 2 large carrots cut into 1/2 inch pieces
- 1 stalk celery chopped
- 0.3 teaspoon marjoram dried
- 0.3 teaspoon sage dried
- 0.3 teaspoon thyme leaves dried
- 3 cloves garlic minced

- 1 bell pepper green chopped
- 2 large onions chopped
- 0.3 teaspoon pepper
- 2 teaspoons salt
- 1.5 cups sharp cheddar cheese shredded
- 2 cups water

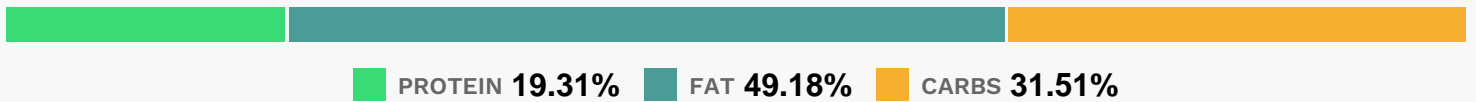
Equipment

- oven

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- In a 3 quart casserole, combine the water and lentils. Season with the bay leaf, salt, pepper, marjoram, sage and thyme. Stir in onions, garlic, and stewed tomatoes.
- Bake uncovered in the preheated oven for 30 minutes.
- Remove from the oven and stir in the carrots and celery. Cover and continue to bake until the lentils and vegetables are tender, about 40 minutes.
- Remove from the oven a third time, stir in the green bell pepper and sprinkle cheese over the top.
- Bake, uncovered, until cheese has melted, about 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:40.47, Glycemic Load:3.62, Inflammation Score:-10, Nutrition Score:14.645652102387%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.69mg, Quercetin: 10.69mg, Quercetin: 10.69mg, Quercetin: 10.69mg

Quercetin: 10.69mg

Nutrients (% of daily need)

Calories: 174.56kcal (8.73%), Fat: 9.97g (15.33%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 11.02g (4.01%), Sugar: 6.95g (7.72%), Cholesterol: 28.25mg (9.42%), Sodium: 1079.08mg (46.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.61%), Vitamin A: 4547.91IU (90.96%), Vitamin C: 28.07mg (34.03%), Calcium: 254.1mg (25.41%), Phosphorus: 182.32mg (18.23%), Manganese: 0.3mg (15.04%), Vitamin B6: 0.28mg (14.21%), Fiber: 3.34g (13.37%), Selenium: 8.93µg (12.75%), Potassium: 432.15mg (12.35%), Vitamin B2: 0.2mg (11.71%), Vitamin K: 12.07µg (11.5%), Copper: 0.2mg (9.99%), Zinc: 1.43mg (9.54%), Vitamin E: 1.33mg (8.89%), Folate: 33.51µg (8.38%), Magnesium: 33.4mg (8.35%), Vitamin B1: 0.11mg (7.63%), Iron: 1.3mg (7.21%), Vitamin B3: 1.28mg (6.38%), Vitamin B12: 0.3µg (4.99%), Vitamin B5: 0.48mg (4.8%), Vitamin D: 0.17µg (1.13%)