



Baked Lentils with Cheese

 Vegetarian  Gluten Free  Very Healthy

READY IN



95 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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
- 1.7 cups lentils dry
- 2 large onions chopped
- 0.3 teaspoon pepper
- 2 teaspoons salt
- 1.5 cups sharp cheddar cheese shredded
- 2 cups water

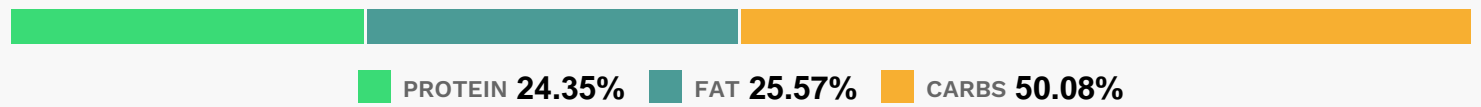
Equipment

- 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:44.57, Glycemic Load:7.5, Inflammation Score:-10, Nutrition Score:30.286086906557%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg 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 Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 362.83kcal (18.14%), Fat: 10.53g (16.2%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 46.41g (15.47%), Net Carbohydrates: 26.8g (9.74%), Sugar: 8.03g (8.92%), Cholesterol: 28.25mg (9.42%), Sodium: 1082.28mg (47.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.57g (45.13%), Vitamin A: 4568.71IU (91.37%), Fiber: 19.61g (78.44%), Folate: 288.98µg (72.24%), Manganese: 1.01mg (50.51%), Phosphorus: 422.85mg (42.29%), Vitamin B1: 0.58mg (38.67%), Vitamin C: 30.42mg (36.87%), Iron: 5.32mg (29.55%), Vitamin B6: 0.57mg (28.61%), Calcium: 283.97mg (28.4%), Potassium: 941.48mg (26.9%), Zinc: 3.98mg (26.53%), Magnesium: 98.46mg (24.62%), Copper: 0.48mg (23.83%), Selenium: 13.35µg (19.08%), Vitamin B2: 0.31mg (18.33%), Vitamin B5: 1.62mg (16.22%), Vitamin K: 14.74µg (14.04%), Vitamin B3: 2.67mg (13.33%), Vitamin E: 1.59mg (10.63%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.17µg (1.13%)