



Baked Lentils with Mushrooms



Vegetarian



Gluten Free



Very Healthy

READY IN



68 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 bay leaf
- ☐ 1 cup brown basmati rice uncooked
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1.5 cups carrots diagonally sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1.3 ounces feta cheese crumbled
- ☐ 1 cup lentils

- ☐ 8 ounce pre- mushrooms
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2.3 cups water
- ☐ 6 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine rice and 2 1/4 cups water in a saucepan; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until liquid is absorbed.
- ☐ Let stand 10 minutes.
- ☐ Combine 6 cups water and lentils in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender.
- ☐ Drain, reserving 1 cup cooking liquid.
- ☐ Preheat oven to 40
- ☐ Heat oil in a nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add carrot and mushrooms; saut 6 minutes or until mushrooms are lightly browned.
- ☐ Combine lentils, reserved cooking liquid, mushroom mixture, tomatoes, and next 5 ingredients. Spoon mixture into a 2-quart baking dish coated with cooking spray. Cover and bake at 400 for 30 minutes or until bubbly.
- ☐ Remove bay leaf. Spoon lentil mixture over rice; sprinkle with cheese.

Nutrition Facts



 PROTEIN **18.34%**  FAT **10.66%**  CARBS **71%**

Properties

Glycemic Index:51.94, Glycemic Load:20.16, Inflammation Score:-10, Nutrition Score:23.956086923247%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 299.76kcal (14.99%), Fat: 3.6g (5.54%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 53.98g (17.99%), Net Carbohydrates: 41.19g (14.98%), Sugar: 6.37g (7.07%), Cholesterol: 5.47mg (1.82%), Sodium: 398.65mg (17.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.89%), Vitamin A: 5536.27IU (110.73%), Fiber: 12.79g (51.17%), Manganese: 0.97mg (48.71%), Folate: 179.4µg (44.85%), Vitamin B1: 0.41mg (27.6%), Copper: 0.55mg (27.53%), Phosphorus: 266.93mg (26.69%), Iron: 4.02mg (22.34%), Potassium: 773.12mg (22.09%), Vitamin B6: 0.44mg (21.83%), Vitamin B2: 0.34mg (20.07%), Vitamin B3: 3.91mg (19.55%), Vitamin B5: 1.9mg (19.02%), Magnesium: 72.78mg (18.2%), Selenium: 12.2µg (17.43%), Zinc: 2.54mg (16.95%), Vitamin C: 10.44mg (12.66%), Vitamin K: 11.96µg (11.39%), Calcium: 104.52mg (10.45%), Vitamin E: 1.47mg (9.81%), Vitamin B12: 0.12µg (1.98%)