



Barbecue Baked Lentils



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups brown lentils dried
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.7 cup catsup
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup mustard prepared
- ☐ 1 cup onion diced

- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 cups water

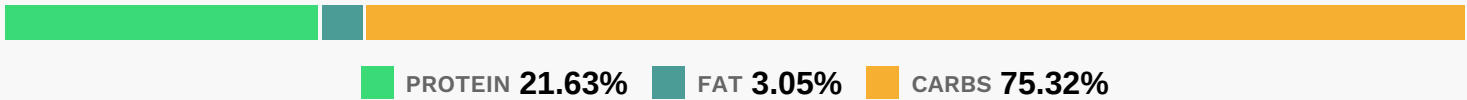
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat oven to 35
- ☐ Combine water, lentils, and 1/4 teaspoon salt in a large saucepan. Bring to a boil; cover, reduce heat to medium-low, and simmer 20 minutes.
- ☐ Drain lentils in a colander over a bowl, reserving 1 cup cooking liquid.
- ☐ Combine lentils and diced onion in an 11 x 7-inch baking dish.
- ☐ Combine 1/4 teaspoon salt, reserved cooking liquid, ketchup, and the remaining ingredients.
- ☐ Pour the ketchup mixture over the lentil mixture, stirring to combine.
- ☐ Bake at 350 for 1 hour.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:7.24, Inflammation Score:-7, Nutrition Score:17.417825937271%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.23mg, Quercetin:

4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 240.07kcal (12%), Fat: 0.82g (1.27%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 45.85g (15.28%), Net Carbohydrates: 30.42g (11.06%), Sugar: 14.27g (15.85%), Cholesterol: 0mg (0%), Sodium: 421.78mg (18.34%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 13.16g (26.33%), Fiber: 15.42g (61.69%), Folate: 236.11µg (59.03%), Manganese: 1.08mg (53.87%), Vitamin B1: 0.45mg (30.28%), Phosphorus: 236.28mg (23.63%), Iron: 3.91mg (21.7%), Vitamin B2: 0.32mg (18.59%), Magnesium: 71.09mg (17.77%), Potassium: 589.19mg (16.83%), Zinc: 2.52mg (16.81%), Vitamin B6: 0.32mg (16.07%), Copper: 0.3mg (14.8%), Vitamin B5: 1.09mg (10.86%), Selenium: 6.94µg (9.92%), Vitamin B3: 1.63mg (8.15%), Calcium: 57.62mg (5.76%), Vitamin C: 4.47mg (5.42%), Vitamin E: 0.56mg (3.73%), Vitamin K: 3.3µg (3.14%), Vitamin A: 127.96IU (2.56%)