



Bean Pot Lentils

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bacon diced cooked
- 2 tablespoons brown sugar
- 1 cup lentils dried
- 5 cups chicken broth fat-free low-sodium
- 2 tablespoons catsup
- 2 tablespoons blackstrap molasses
- 1 tablespoons mustard prepared
- 0.5 medium onion chopped

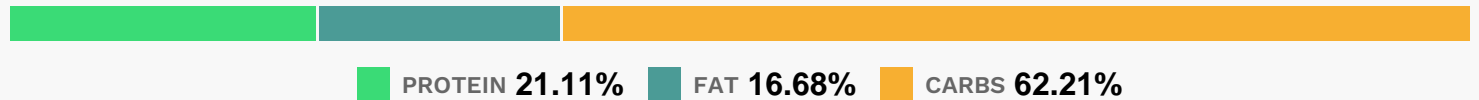
Equipment

- oven
- baking pan
- dutch oven

Directions

- Bring first 3 ingredients to a boil in a Dutch oven. Cover, reduce heat, and simmer 45 minutes or until lentils are tender.
- Stir in brown sugar and next 4 ingredients. Spoon mixture into a 1-quart baking dish coated with cooking spray.
- Bake, uncovered, at 325, stirring occasionally, for 1 hour and 15 minutes.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:4.72, Inflammation Score:-5, Nutrition Score:12.933913120109%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg Gallicocatechin: 0.04mg, Gallicocatechin: 0.04mg, Gallicocatechin: 0.04mg, Gallicocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 195.88kcal (9.79%), Fat: 3.68g (5.66%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 20.81g (7.57%), Sugar: 11.28g (12.54%), Cholesterol: 4.84mg (1.61%), Sodium: 900.96mg (39.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.93%), Fiber: 10.04g (40.15%), Folate: 157.58µg (39.39%), Manganese: 0.58mg (28.95%), Vitamin B1: 0.33mg (21.67%), Phosphorus: 184.57mg (18.46%), Iron: 3.13mg (17.37%), Magnesium: 61.07mg (15.27%), Selenium: 10.46µg (14.94%), Potassium: 510.71mg (14.59%), Vitamin B6: 0.29mg (14.29%), Copper: 0.25mg (12.46%), Vitamin B3: 2.35mg (11.73%), Zinc: 1.71mg (11.43%), Vitamin B5: 1.03mg (10.33%), Vitamin B2: 0.13mg (7.4%), Vitamin B12: 0.41µg (6.92%), Calcium: 47.27mg (4.73%), Vitamin C: 2.3mg (2.79%), Vitamin E: 0.27mg (1.81%), Vitamin K: 1.82µg (1.74%)