



Beluga Lentil Toasts

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



272 kcal

Ingredients

- ☐ 1 bay leaf
- ☐ 0.8 cup beluga lentils rinsed
- ☐ 3 tablespoons crème de cassis
- ☐ 2 teaspoons kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon meyer lemon oil
- ☐ 1.5 cups chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 6 cups onions red thinly sliced
- ☐ 4 tablespoons sherry vinegar divided
- ☐ 1 thyme sprig fresh
- ☐ 1 lb garnish: me a toast rounds
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

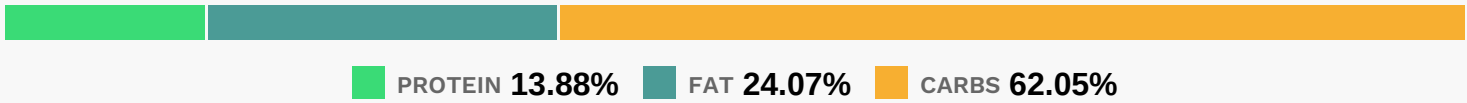
Directions

- ☐ Bring first 4 ingredients to a boil in a large saucepan. Reduce heat to a simmer, cover, and cook 20 to 30 minutes or until tender, stirring occasionally.
- ☐ Drain and transfer lentils to a bowl. Cool to room temperature, about 20 minutes.
- ☐ Whisk together 2 tablespoons vinegar, lemon juice, 1 teaspoon kosher salt, and pepper in a small bowl. Gradually whisk in oils until blended.
- ☐ Pour over cooled lentils, adjust seasoning, and set aside. Cover with plastic wrap, and chill until needed, up to 1 day in advance.
- ☐ Melt butter in a large saut pan over low heat.
- ☐ Add onion and remaining 1 teaspoon kosher salt, and cook over low heat, stirring occasionally, 45 to 50 minutes or until soft and caramelized.
- ☐ Transfer to a bowl, and deglaze the pan with remaining 2 tablespoons vinegar.
- ☐ Pour hot vinegar into bowl with onion; add crme de cassis, and stir to incorporate.
- ☐ Let mixture cool 10 minutes, cover with plastic wrap, and chill until needed.
- ☐ Return lentils and caramelized onion to room temperature 1 hour before serving. Arrange crackers on a plate with a bowl of caramelized onion and a bowl of lentils.

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Let guests spread crackers with 1/4 teaspoon crme frache each, and top with a spoonful each of lentils and caramelized onion.

Nutrition Facts



Properties

Glycemic Index:12.95, Glycemic Load:2.02, Inflammation Score:-6, Nutrition Score:8.8921739420165%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 4.81mg, Isorhamnetin: 4.81mg, Isorhamnetin: 4.81mg, Isorhamnetin: 4.81mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 19.51mg, Quercetin: 19.51mg, Quercetin: 19.51mg, Quercetin: 19.51mg

Nutrients (% of daily need)

Calories: 271.94kcal (13.6%), Fat: 7.33g (11.27%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 36.66g (13.33%), Sugar: 6.93g (7.7%), Cholesterol: 6.47mg (2.16%), Sodium: 750.43mg (32.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.02%), Fiber: 5.85g (23.42%), Selenium: 14.58µg (20.83%), Manganese: 0.34mg (16.77%), Iron: 3.01mg (16.73%), Folate: 66.04µg (16.51%), Vitamin B1: 0.23mg (15.58%), Vitamin B3: 2.38mg (11.92%), Vitamin B2: 0.19mg (11.27%), Vitamin C: 9.29mg (11.26%), Calcium: 89.45mg (8.94%), Phosphorus: 86.96mg (8.7%), Vitamin B6: 0.15mg (7.5%), Potassium: 238.78mg (6.82%), Copper: 0.12mg (6.13%), Magnesium: 22.65mg (5.66%), Vitamin E: 0.6mg (4.01%), Vitamin K: 3.97µg (3.78%), Zinc: 0.52mg (3.47%), Vitamin B5: 0.25mg (2.54%), Vitamin A: 78.97IU (1.58%)