



 4%  
HEALTH SCORE

## Bengali Dhal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

## Ingredients

- 1 bay leaves
- 0.8 cup cherry tomatoes
- 2 tablespoons cilantro leaves chopped
- 4 cloves garlic divided coarsely chopped
- 0.5 teaspoon turmeric
- 1 cup onion divided thinly sliced
- 1 cup lentils red
- 0.5 teaspoon salt

- 1 tablespoon vegetable oil
- 3 cups water

## Equipment

- frying pan
- sauce pan
- sieve

## Directions

- Wash the lentils in a strainer.
- Combine the lentils and water in a saucepan over medium-high heat.
- Add half of the sliced onions and garlic, reserving the rest for later. Stir in the turmeric, bay leaf, tomatoes, and salt.
- Add the chiles, leaving them whole to add flavor or cut in half to add heat. When the mixture begins to boil, reduce the heat to a simmer. Cook until the lentils break apart and thicken slightly, about 20 minutes.
- Meanwhile, in a skillet, heat the vegetable oil over medium heat until the oil shimmers.
- Add the reserved sliced onions; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more. Stir in the rest of the chopped garlic and cook, stirring constantly, until the garlic is fragrant and tender, about 2 minutes.
- Pour the contents of the skillet into the cooked lentils and stir.
- Garnish with chopped cilantro.

## Nutrition Facts



## Properties

Glycemic Index:14.82, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:8.164782575939%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

## Nutrients (% of daily need)

Calories: 107.71kcal (5.39%), Fat: 2g (3.07%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 9.17g (3.34%), Sugar: 1.67g (1.86%), Cholesterol: 0mg (0%), Sodium: 153.82mg (6.69%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.27g (12.53%), Fiber: 7.36g (29.46%), Folate: 113.57µg (28.39%), Manganese: 0.38mg (18.82%), Vitamin B1: 0.21mg (14.26%), Phosphorus: 113.88mg (11.39%), Iron: 1.92mg (10.66%), Vitamin B6: 0.18mg (8.89%), Potassium: 284.32mg (8.12%), Magnesium: 32.26mg (8.06%), Zinc: 1.16mg (7.75%), Copper: 0.15mg (7.74%), Vitamin C: 6.19mg (7.5%), Vitamin B5: 0.53mg (5.34%), Vitamin K: 5.07µg (4.83%), Vitamin B3: 0.7mg (3.51%), Vitamin B2: 0.06mg (3.42%), Selenium: 2.26µg (3.23%), Calcium: 24.6mg (2.46%), Vitamin E: 0.34mg (2.26%), Vitamin A: 85.14IU (1.7%)