



Braised Lentils



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups green lentils
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion peeled

- ☐ 0.3 teaspoon sea salt
- ☐ 2 tablespoons cooking sherry
- ☐ 14.5 ounce vegetable broth canned
- ☐ 2 cups water

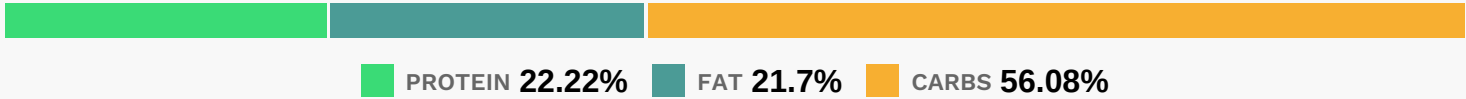
Equipment

- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Insert cloves into onion.
- ☐ Combine onion, water, and next 9 ingredients (water through broth) in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until lentils are tender.
- ☐ Remove onion and bay leaf with a slotted spoon; discard. Stir in salt; cook 2 minutes.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:4.16, Inflammation Score:0, Nutrition Score:14.920869454094%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg 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: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 216.66kcal (10.83%), Fat: 5.18g (7.97%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 16.02g (5.82%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 379.42mg (16.5%), Alcohol:

0.51g (100%), Alcohol %: 0.3% (100%), Protein: 11.94g (23.87%), Fiber: 14.1g (56.41%), Folate: 220.65µg (55.16%), Manganese: 0.66mg (33.25%), Vitamin B1: 0.4mg (26.93%), Phosphorus: 211.45mg (21.14%), Iron: 3.56mg (19.8%), Zinc: 2.22mg (14.82%), Magnesium: 59.02mg (14.75%), Vitamin B6: 0.28mg (14.11%), Potassium: 471.88mg (13.48%), Vitamin K: 13.91µg (13.25%), Copper: 0.26mg (13.08%), Vitamin B5: 0.99mg (9.94%), Vitamin B3: 1.23mg (6.15%), Vitamin E: 0.92mg (6.14%), Vitamin B2: 0.1mg (6.13%), Selenium: 4.05µg (5.78%), Vitamin C: 4.14mg (5.01%), Vitamin A: 206.88IU (4.14%), Calcium: 37.14mg (3.71%)