



HEALTH SCORE

59%

## Braised Lentils with Cipollini Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



8

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup champagne vinegar
- ☐ 1 pound green lentils rinsed
- ☐ 0.3 cup duck fat
- ☐ 3 bay leaves fresh
- ☐ 3 cloves garlic peeled
- ☐ 8 servings kosher salt and freshly cracked pepper black
- ☐ 2 tablespoons olive oil
- ☐ 12 pearl onions stemmed peeled

☐ 4 cups water

Equipment

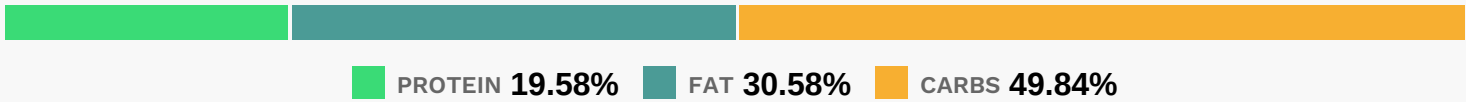
☐ bowl

☐ frying pan

Directions

- ☐ Coat a large high-sided saute pan over medium-high heat, with the olive oil.
- ☐ Add the lentils, garlic cloves and bay leaves with 4 cups water or just enough to cover. Bring the water to a simmer and lower the heat. Simmer the lentils, uncovered, until they are tender, about 25 to 30 minutes. (Chef's Note: If you need to add more water for the lentils to finish cooking, add a little at a time. There will be more flavor in the lentils if you cook them and end up with very little liquid at the end of the process. The flavor will be in the lentils instead of down the drain with the discarded cooking liquid!) Once they are cooked but still somewhat "al dente", set them aside to cool.
- ☐ Remove and discard the garlic cloves and the bay leaves. Season with just a touch of salt and pepper, to taste. Retaste, but hold off on reseasoning until serving.
- ☐ Add the duck fat to a large saute pan over medium heat.
- ☐ Add the onions, season with salt, to taste, and allow them to caramelize.
- ☐ When you are ready to serve add the lentils to the sauteed cipollini onions. Stir to coat the lentils with the duck fat. Taste and season with salt, if needed, and stir in the vinegar.
- ☐ Transfer the lentil mixture to a serving bowl and serve with duck and green peppercorn glaze, if desired.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:5.16, Inflammation Score:-7, Nutrition Score:18.40521752316%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg 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: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 308.8kcal (15.44%), Fat: 10.55g (16.23%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 20.6g (7.49%), Sugar: 3.07g (3.41%), Cholesterol: 6.41mg (2.14%), Sodium: 205.77mg (8.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Fiber: 18.09g (72.37%), Folate: 280.24µg (70.06%), Manganese: 0.84mg (41.9%), Vitamin B1: 0.52mg (34.53%), Phosphorus: 271.12mg (27.11%), Iron: 4.46mg (24.78%), Magnesium: 75.49mg (18.87%), Zinc: 2.82mg (18.77%), Vitamin B6: 0.37mg (18.74%), Potassium: 614.87mg (17.57%), Copper: 0.34mg (16.76%), Vitamin B5: 1.28mg (12.75%), Vitamin B2: 0.13mg (7.83%), Vitamin B3: 1.54mg (7.69%), Vitamin C: 6.23mg (7.55%), Selenium: 5.11µg (7.29%), Vitamin E: 0.96mg (6.43%), Vitamin K: 5.14µg (4.9%), Calcium: 48.6mg (4.86%), Vitamin D: 0.31µg (2.05%)