



 **100%**
HEALTH SCORE

Braised Lentils With Onions and Spinach



Vegetarian



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup carrots peeled finely chopped
- ☐ 2 cups lentils dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 4 ounce feta cheese crumbled
- ☐ 1 tablespoon olive oil
- ☐ 4 cups onion thinly sliced
- ☐ 2 tablespoons red wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shallots peeled finely chopped
- ☐ 10 ounce prewashed spinach
- ☐ 2 thyme sprigs
- ☐ 3.5 cups vegetable broth fat-free

Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat olive oil over medium-high heat in a Dutch oven, and saut carrot and shallots for 5 minutes.
- ☐ Add wine and scrape up any bits stuck to the bottom of the pot.
- ☐ Add lentils and onion to the pot along with broth, salt, pepper, and thyme, and bring to a boil. Reduce heat to medium-low and cover tightly. Cook for 35 minutes, stirring twice, until lentils are tender and liquid is almost evaporated. Stir in vinegar and spinach, and simmer uncovered for 5 more minutes, until liquid reduces slightly and spinach wilts.
- ☐ Sprinkle with crumbled feta and serve.

Nutrition Facts



Properties

Glycemic Index:54.07, Glycemic Load:9.61, Inflammation Score:-10, Nutrition Score:39.124782831773%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg

3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 23.58mg, Quercetin: 23.58mg, Quercetin: 23.58mg, Quercetin: 23.58mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 389.66kcal (19.48%), Fat: 7.45g (11.45%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 58.38g (19.46%), Net Carbohydrates: 34.71g (12.62%), Sugar: 9.84g (10.94%), Cholesterol: 16.82mg (5.61%), Sodium: 924.2mg (40.18%), Alcohol: 1.03g (100%), Alcohol %: 0.3% (100%), Protein: 22.45g (44.9%), Vitamin K: 236.74µg (225.46%), Vitamin A: 8410.42IU (168.21%), Folate: 435.56µg (108.89%), Fiber: 23.67g (94.68%), Manganese: 1.54mg (76.83%), Vitamin B1: 0.7mg (46.69%), Phosphorus: 428.4mg (42.84%), Iron: 6.88mg (38.24%), Vitamin B6: 0.75mg (37.49%), Magnesium: 138.24mg (34.56%), Potassium: 1188.65mg (33.96%), Vitamin C: 27.38mg (33.19%), Zinc: 4.19mg (27.91%), Vitamin B2: 0.43mg (25.42%), Copper: 0.47mg (23.61%), Calcium: 217.66mg (21.77%), Vitamin B5: 1.84mg (18.37%), Selenium: 9.43µg (13.46%), Vitamin B3: 2.59mg (12.94%), Vitamin E: 1.81mg (12.09%), Vitamin B12: 0.32µg (5.32%)