

Breakfast Lentils



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 apples diced cored
- ☐ 4 servings dairy-free vanilla coconut milk as needed so delicious®
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon ground turmeric (optional, but highly recommended)
- ☐ 4 servings maple syrup for the best value to taste (I buy Trader Joe's or online)
- ☐ 3 cups rooibos tea red

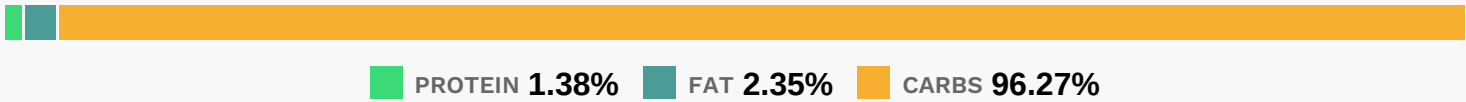
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Once the lentils have been soaked and drained, place them in a pot with the brewed tea.Bring to a low boil and then reduce heat to low to medium.After ten minutes, stir in the diced apple and spices.Cook for another 30 to 40 minutes, until the lentils are tender.Ladle about half a cup into each of 4 small serving bowls.
- ☐ Drizzle each with a bit of maple syrup and splash with a generous amount of coconut milk.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:8.29, Inflammation Score:-10, Nutrition Score:6.8926088563774%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg Epigallocatechin: 14.52mg, Epigallocatechin: 14.52mg, Epigallocatechin: 14.52mg, Epigallocatechin: 14.52mg Epicatechin: 10.63mg, Epicatechin: 10.63mg, Epicatechin: 10.63mg, Epicatechin: 10.63mg Epicatechin 3–gallate: 10.41mg, Epicatechin 3–gallate: 10.41mg, Epicatechin 3–gallate: 10.41mg, Epicatechin 3–gallate: 10.41mg Epigallocatechin 3–gallate: 16.78mg, Epigallocatechin 3–gallate: 16.78mg, Epigallocatechin 3–gallate: 16.78mg, Epigallocatechin 3–gallate: 16.78mg Theaflavin: 2.8mg, Theaflavin: 2.8mg, Theaflavin: 2.8mg, Theaflavin: 2.8mg Thearubigins: 144.26mg, Thearubigins: 144.26mg, Thearubigins: 144.26mg, Thearubigins: 144.26mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg Theaflavin–3,3'–digallate: 3.11mg, Theaflavin–3,3'–digallate: 3.11mg, Theaflavin–3,3'–digallate: 3.11mg, Theaflavin–3'–gallate: 2.68mg, Theaflavin–3'–gallate: 2.68mg, Theaflavin–3'–gallate: 2.68mg, Theaflavin–3'–gallate: 2.68mg Gallocatechin: 2.22mg, Gallocatechin: 2.22mg, Gallocatechin: 2.22mg, Gallocatechin: 2.22mg

Nutrients (% of daily need)

Calories: 111.62kcal (5.58%), Fat: 0.31g (0.48%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 25.34g (9.21%), Sugar: 21.54g (23.94%), Cholesterol: 0mg (0%), Sodium: 10.31mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 35.49mg (11.83%), Protein: 0.41g (0.83%), Manganese: 1.57mg (78.48%),

Vitamin B2: 0.31mg (18.09%), Fiber: 3.53g (14.1%), Potassium: 235.78mg (6.74%), Vitamin C: 4.46mg (5.41%), Calcium: 52.78mg (5.28%), Magnesium: 17.53mg (4.38%), Iron: 0.6mg (3.36%), Vitamin K: 3.4µg (3.24%), Folate: 12.36µg (3.09%), Copper: 0.06mg (2.76%), Vitamin B6: 0.05mg (2.69%), Vitamin B1: 0.03mg (2.09%), Vitamin E: 0.29mg (1.97%), Zinc: 0.28mg (1.89%), Phosphorus: 14.92mg (1.49%), Vitamin A: 59.77IU (1.2%)