

Canal House Lentils



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup green lentils french
- ☐ 1 garlic clove thinly sliced
- ☐ 8 servings pepper freshly ground
- ☐ 1 medium leek white finely chopped
- ☐ 2 tablespoons soy sauce reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 8 servings spring onion thinly sliced for serving (optional;)
- ☐ 1 tablespoon tomato paste

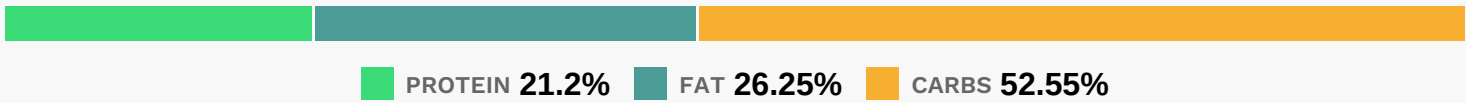
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan overmedium heat.
- ☐ Add leek, garlic, andtomato paste and cook, stirring often,until fragrant and tomato paste beginsto darken, about 4 minutes.
- ☐ Add lentilsand 2 1/2 cups water. Bring to a boil;reduce heat, cover, and simmer, stirringoccasionally, until lentils are tender,45–55 minutes.
- ☐ Remove from heat and let sit, covered,10 minutes; add soy sauce and seasonwith salt and pepper.
- ☐ Serve lentils toppedwith scallions, if desired.
- ☐ DO AHEAD: Lentils can be made 5 daysahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:24.45, Glycemic Load:2.46, Inflammation Score:-5, Nutrition Score:9.7265217200569%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 129.1kcal (6.45%), Fat: 3.83g (5.89%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 9.41g (3.42%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 164.58mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Folate: 127.95µg (31.99%), Fiber: 7.82g (31.28%), Manganese: 0.42mg (21.22%), Vitamin K: 21.35µg (20.34%), Vitamin B1: 0.22mg (14.88%), Iron: 2.28mg (12.67%), Phosphorus: 123.39mg (12.34%), Magnesium: 37.46mg (9.36%), Vitamin B6: 0.17mg (8.74%), Potassium: 303.01mg (8.66%), Zinc: 1.23mg (8.22%), Copper: 0.15mg (7.73%), Vitamin E: 0.86mg (5.74%), Vitamin A: 285.71IU (5.71%), Vitamin B5: 0.55mg (5.53%), Vitamin C: 4.07mg (4.94%), Vitamin B2: 0.07mg (4.24%), Vitamin B3: 0.81mg (4.06%), Selenium:

2.32μg (3.32%), Calcium: 27.4mg (2.74%)