



Caramelized Onions and Lentil Rice



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 ounce lentils drained and rinsed canned
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 1 quart water

- ☐ 2 cups rice long-grain white
- ☐ 1 medium onion yellow thinly sliced

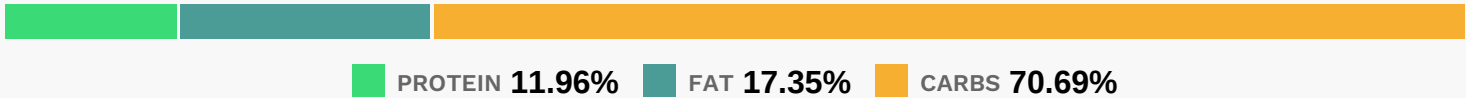
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt the butter with the oil in a medium skillet over medium heat.
- ☐ Add the onions, sugar, and some salt and pepper. Cook until the onions become deep brown and sticky, about 20 minutes, stirring every 4 or 5 minutes (if the onions color too quickly, reduce the heat to medium-low).
- ☐ While the onions caramelize, make the rice.
- ☐ Heat the remaining tablespoon of oil in a saucepan over medium heat.
- ☐ Add the garlic and cook, stirring, until fragrant, 30 seconds to 1 minute.
- ☐ Add the rice and stir, cooking it until the grains begin to turn opaque, about 2 minutes.
- ☐ Add the water, lentils, and cumin; season with salt and pepper. Increase heat to medium-high and bring to a boil. Reduce the heat to low, cover, and cook until the rice is tender and has absorbed all of the liquid, about 20 minutes.
- ☐ Serve topped with the caramelized onions.

Nutrition Facts



Properties

Glycemic Index:63.74, Glycemic Load:49.92, Inflammation Score:-6, Nutrition Score:19.140434480556%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 569.84kcal (28.49%), Fat: 10.94g (16.82%), Saturated Fat: 3g (18.78%), Carbohydrates: 100.25g (33.42%), Net Carbohydrates: 89.83g (32.67%), Sugar: 4.27g (4.75%), Cholesterol: 7.53mg (2.51%), Sodium: 20.77mg (0.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.96g (33.93%), Manganese: 1.63mg (81.34%), Folate: 211.64µg (52.91%), Fiber: 10.42g (41.67%), Phosphorus: 316mg (31.6%), Copper: 0.54mg (26.77%), Iron: 4.61mg (25.64%), Selenium: 17.45µg (24.92%), Vitamin B6: 0.4mg (19.99%), Vitamin B1: 0.27mg (17.81%), Magnesium: 68.86mg (17.22%), Vitamin B5: 1.69mg (16.87%), Zinc: 2.5mg (16.68%), Potassium: 562.4mg (16.07%), Vitamin B3: 2.7mg (13.48%), Vitamin E: 1.32mg (8.82%), Vitamin B2: 0.14mg (8.03%), Calcium: 65.44mg (6.54%), Vitamin K: 6.72µg (6.4%), Vitamin C: 4.16mg (5.04%), Vitamin A: 99.07IU (1.98%)