



Caribbean Curried Peas (Lentils)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 carrots diced peeled
- ☐ 1 chile pepper fresh minced
- ☐ 3 tablespoons curry powder
- ☐ 0.3 cup cilantro leaves fresh chopped to taste
- ☐ 1 teaspoon ginger fresh grated
- ☐ 3 cloves garlic minced
- ☐ 4 servings salt and ground pepper black to taste

- ☐ 1 cup lentils
- ☐ 1 large onion diced
- ☐ 28 ounce vegetable broth divided canned
- ☐ 0.5 teaspoon sugar white

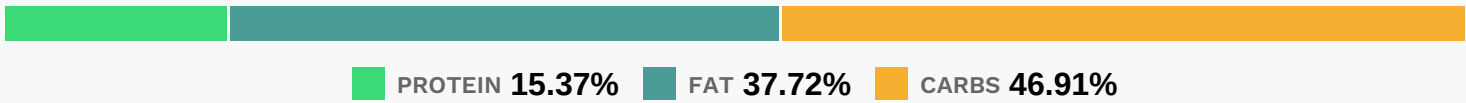
Equipment

- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Heat canola oil in a Dutch oven over medium-high heat; cook and stir onion, carrots, salt, black pepper, and sugar until onion is a deep brown color, 15 to 20 minutes. Reduce heat to medium; add garlic, chile pepper, ginger, and curry powder. Stir constantly to incorporate, about 5 minutes.
- ☐ Increase heat to medium-heat and stir 1 can vegetable broth into the onion mixture. Scrape up any vegetables or curry powder stuck to the bottom of the pot with a wooden spoon.
- ☐ Add lentils and remaining 1 can of vegetable broth; cook until lentils are tender, about 30 minutes. Stir cilantro into lentils before serving.

Nutrition Facts



Properties

Glycemic Index:93.13, Glycemic Load:7.39, Inflammation Score:-10, Nutrition Score:26.07956527627%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 355.91kcal (17.8%), Fat: 15.32g (23.56%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 24.94g (9.07%), Sugar: 6.96g (7.73%), Cholesterol: 0mg (0%), Sodium: 823.5mg (35.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.09%), Vitamin A: 5757.19IU (115.14%), Fiber: 17.9g (71.62%), Folate: 253.12µg (63.28%), Manganese: 1mg (50.01%), Vitamin B1: 0.48mg (32.09%), Vitamin C: 24.36mg (29.53%), Iron: 5.31mg (29.48%), Vitamin E: 3.99mg (26.6%), Phosphorus: 262.82mg (26.28%), Vitamin K: 25.93µg (24.69%), Vitamin B6: 0.49mg (24.27%), Potassium: 734.06mg (20.97%), Magnesium: 81.2mg (20.3%), Zinc: 2.68mg (17.85%), Copper: 0.34mg (17.01%), Vitamin B5: 1.2mg (12.01%), Vitamin B3: 1.92mg (9.61%), Vitamin B2: 0.16mg (9.17%), Selenium: 5.37µg (7.67%), Calcium: 73.93mg (7.39%)