



Coconut Red-Lentil Curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 servings rice white



1 medium onion finely chopped



1 lb zucchini cut into 1/4-inch dice (2 medium)



2 garlic clove finely chopped



1 teaspoon turmeric



1 teaspoon ground cumin



2 cups water



10 oz lentils dried red

- ☐ 2.5 inch serrano chiles fresh finely chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup cilantro leaves fresh loosely packed
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon ginger fresh peeled finely chopped
- ☐ 13 oz coconut milk unsweetened canned

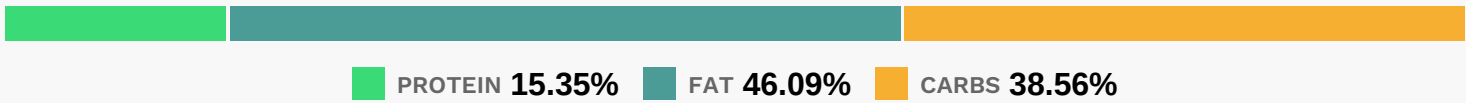
Equipment

- ☐ pot

Directions

- ☐ Cook onion in oil in a 3 1/2- to 4-quart heavy pot over moderate heat, stirring occasionally, until edges are golden, about 6 minutes.
- ☐ Add ginger and garlic and cook, stirring, 1 minute.
- ☐ Add cumin, coriander, turmeric, salt, and chile and cook, stirring, 1 minute.
- ☐ Stir in water, lentils, and coconut milk, then simmer, covered, stirring occasionally, 5 minutes. Stir in zucchini and simmer, covered, until lentils and zucchini are tender, about 15 minutes. Season with salt and serve with cilantro sprigs scattered on top.

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:4.68, Inflammation Score:-10, Nutrition Score:23.026086703591%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 378.28kcal (18.91%), Fat: 20.09g (30.91%), Saturated Fat: 13.82g (86.37%), Carbohydrates: 37.82g (12.61%), Net Carbohydrates: 20.64g (7.51%), Sugar: 5.79g (6.43%), Cholesterol: 0mg (0%), Sodium: 412.8mg (17.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.05g (30.1%), Manganese: 1.43mg (71.68%), Fiber: 17.18g (68.71%), Folate: 260.08µg (65.02%), Vitamin B1: 0.48mg (31.95%), Phosphorus: 316.58mg (31.66%), Iron: 5.37mg (29.82%), Magnesium: 100.95mg (25.24%), Potassium: 880.55mg (25.16%), Vitamin C: 20.4mg (24.73%), Copper: 0.49mg (24.52%), Vitamin B6: 0.45mg (22.67%), Vitamin K: 22.56µg (21.48%), Zinc: 3.03mg (20.22%), Vitamin B5: 1.34mg (13.36%), Selenium: 8.38µg (11.97%), Vitamin B2: 0.19mg (10.9%), Vitamin B3: 2.17mg (10.87%), Vitamin A: 364.18IU (7.28%), Calcium: 64.28mg (6.43%), Vitamin E: 0.89mg (5.93%)