



Colombian Lentils

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



3

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons ground cumin
- 0.5 cup lentils
- 1 small onion chopped
- 2 small potatoes yellow cubed
- 1 teaspoon salt
- 1 small tomatoes chopped
- 1 tablespoon vegetable oil
- 1.5 cups water

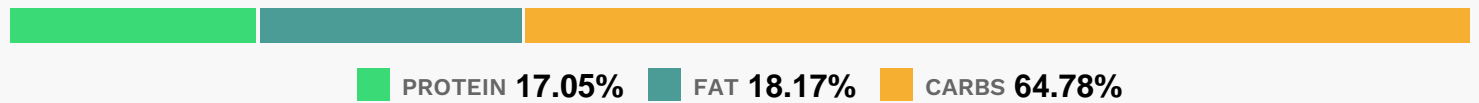
Equipment

pot

Directions

- Combine the lentils, water, tomato, onion, cumin, salt, and vegetable oil in a pot over medium heat; bring to a boil. Cook and stir at a boil until the lentils are soft, about 30 minutes.
- Add the potatoes and cook until the potatoes are tender, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:59.45, Glycemic Load:17.64, Inflammation Score:-7, Nutrition Score:17.890869472338%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 260.09kcal (13%), Fat: 5.36g (8.24%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 29.82g (10.84%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 794.48mg (34.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.61%), Fiber: 13.15g (52.62%), Folate: 180.53µg (45.13%), Vitamin C: 29.72mg (36.02%), Manganese: 0.71mg (35.51%), Vitamin B6: 0.57mg (28.26%), Vitamin B1: 0.4mg (26.69%), Potassium: 912.69mg (26.08%), Iron: 4.32mg (24%), Phosphorus: 229.62mg (22.96%), Magnesium: 76.86mg (19.21%), Copper: 0.35mg (17.33%), Vitamin K: 14.65µg (13.95%), Zinc: 2.03mg (13.52%), Vitamin B3: 2.3mg (11.48%), Vitamin B5: 1.08mg (10.76%), Vitamin B2: 0.12mg (7.07%), Vitamin A: 284.82IU (5.7%), Calcium: 56.36mg (5.64%), Vitamin E: 0.75mg (5.01%), Selenium: 3.18µg (4.55%)