



Creamy Indian Lentils and Rice



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup brown rice long-grain uncooked
- ☐ 1 tablespoon curry powder
- ☐ 1 cup lentils dried
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 0.5 cup heavy whipping cream sour low-fat
- ☐ 2 teaspoons mustard seeds
- ☐ 2 cups onion thinly sliced

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups water

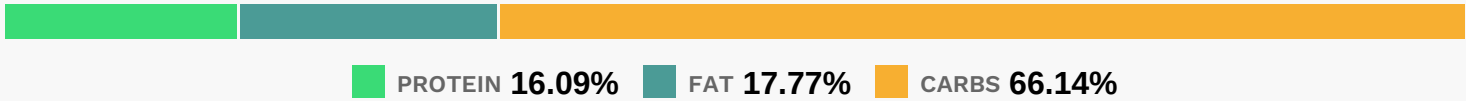
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion; saut 8 minutes or until golden brown, stirring occasionally.
- ☐ Add rice and next 4 ingredients (rice through pepper); saut 1 minute.
- ☐ Add water and lentils; bring to a boil. Cover, reduce heat, and simmer 1 hour.
- ☐ Remove from heat; stir in cilantro and sour cream.

Nutrition Facts



Properties

Glycemic Index:29.89, Glycemic Load:17.01, Inflammation Score:-7, Nutrition Score:19.023912828902%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg, Quercetin: 12.24mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 304.39kcal (15.22%), Fat: 6.06g (9.32%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 38.44g (13.98%), Sugar: 3.07g (3.41%), Cholesterol: 6.71mg (2.24%), Sodium: 418.6mg (18.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Manganese: 1.78mg (89.03%), Fiber: 12.31g (49.26%), Folate: 176.7µg (44.17%), Vitamin B1: 0.45mg (30.33%), Phosphorus: 270.31mg (27.03%), Magnesium: 100.38mg (25.09%), Vitamin B6: 0.42mg (21.09%), Iron: 3.56mg (19.8%), Zinc: 2.49mg (16.59%), Copper: 0.33mg

(16.3%), Potassium: 547.97mg (15.66%), Vitamin K: 15.67µg (14.92%), Vitamin B5: 1.25mg (12.49%), Vitamin B3: 2.39mg (11.93%), Selenium: 5.8µg (8.29%), Calcium: 82.6mg (8.26%), Vitamin C: 6.43mg (7.8%), Vitamin B2: 0.13mg (7.56%), Vitamin A: 267.44IU (5.35%), Vitamin E: 0.75mg (5%), Vitamin B12: 0.08µg (1.34%)