



HEALTH SCORE

100%

## Creamy spiced dhal



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



2 tsp mustard seeds



2 tsp cumin seeds



1 tbsp olive oil



1 onion diced finely



4 garlic clove crushed



2.5 ginger fresh grated



7 cardamom pods



400 g lentils red rinsed drained

☐ 400 ml lite coconut milk reduced-fat canned

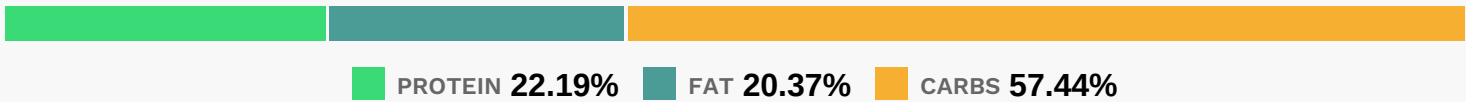
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ In a large saucepan, on a low heat, toast the mustard and cumin seeds until they give off a nutty aroma; be careful not to burn them. Set aside in a bowl. In the same pan, heat the oil over a low heat and soften the onion, garlic and ginger with the cardamom pods for 10 mins, adding a little water if they look like they might burn.
- ☐ Tip the lentils and toasted seeds into the pan, then stir for a couple of mins before pouring in the coconut milk and enough water to cover it all well. Bring to the boil, immediately cover the pan, turn it down to a low heat and leave to simmer for about 45 mins, stirring every now and then to make sure the mixture is not sticking. If it starts to become too thick, add a little more water.
- ☐ Serve with warmed pitta bread.

## Nutrition Facts



## Properties

Glycemic Index:26.65, Glycemic Load:8.31, Inflammation Score:-9, Nutrition Score:31.421304365863%

## Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

## Nutrients (% of daily need)

Calories: 493.26kcal (24.66%), Fat: 11.1g (17.07%), Saturated Fat: 6.35g (39.7%), Carbohydrates: 70.38g (23.46%), Net Carbohydrates: 38.05g (13.83%), Sugar: 3.39g (3.77%), Cholesterol: 0mg (0%), Sodium: 81.22mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.39%), Fiber: 32.33g (129.32%), Manganese: 2.47mg (123.26%), Folate: 486.52µg (121.63%), Vitamin B1: 0.91mg (60.95%), Iron: 8.97mg (49.85%), Phosphorus: 484.8mg (48.48%), Magnesium: 142.94mg (35.73%), Zinc: 5.25mg (34.99%), Vitamin B6: 0.63mg (31.69%), Potassium: 1090.69mg (31.16%), Copper: 0.58mg (28.88%), Vitamin B5: 2.21mg (22.09%), Selenium: 11.03µg (15.76%), Vitamin B3: 2.82mg (14.12%), Vitamin B2: 0.24mg (13.86%), Vitamin C: 8.48mg (10.27%), Calcium: 94.33mg (9.43%), Vitamin E: 1.1mg (7.33%), Vitamin K: 7.38µg (7.03%), Vitamin A: 53.47IU (1.07%)