



Curried Lentils And Carrots On Couscous



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.8 cups carrots chopped
- ☐ 0.5 cup couscous uncooked
- ☐ 0.8 teaspoon curry powder
- ☐ 0.5 cup lentils dried
- ☐ 1 garlic clove minced
- ☐ 1 cup onion chopped
- ☐ 0.3 cup pecans chopped
- ☐ 0.1 teaspoon salt

- ☐ 2 teaspoons sugar
- ☐ 14.5 ounce vegetable broth canned
- ☐ 1.5 teaspoons vegetable oil
- ☐ 0.8 cup water

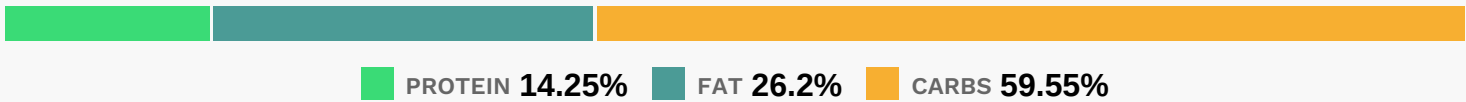
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring vegetable broth to a boil in a saucepan. Stir in lentils; cover, reduce heat, and simmer 30 minutes or until tender.
- ☐ Drain lentils, reserving liquid. Set aside.
- ☐ Place pecans in a large nonstick skillet; cook over medium heat, stirring constantly, 3 minutes or until toasted.
- ☐ Remove pecans from pan.
- ☐ Bring 3/4 cup water to a boil in a saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Cover and keep warm.
- ☐ Heat a large nonstick skillet over mediumhigh heat; add oil.
- ☐ Add carrot and onion; saut 8 minutes or until tender.
- ☐ Add garlic, and saut 1 minute. Stir in sugar, curry powder, salt, and lentil liquid; cook 1 minute.
- ☐ Spoon lentils over couscous, and top with carrot mixture.
- ☐ Sprinkle with pecans; serve immediately.

Nutrition Facts



Properties

Glycemic Index:80.88, Glycemic Load:16.63, Inflammation Score:-10, Nutrition Score:18.950434819512%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 297.85kcal (14.89%), Fat: 8.86g (13.63%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 45.3g (15.1%), Net Carbohydrates: 33.64g (12.23%), Sugar: 8.09g (8.98%), Cholesterol: 0mg (0%), Sodium: 530.14mg (23.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.68%), Vitamin A: 9593.27IU (191.87%), Manganese: 1.06mg (52.86%), Fiber: 11.66g (46.65%), Folate: 140.12µg (35.03%), Vitamin B1: 0.36mg (24.17%), Phosphorus: 203.82mg (20.38%), Copper: 0.34mg (17.02%), Potassium: 548.79mg (15.68%), Vitamin B6: 0.31mg (15.57%), Magnesium: 62.09mg (15.52%), Iron: 2.65mg (14.73%), Zinc: 1.97mg (13.13%), Vitamin K: 12.56µg (11.96%), Vitamin B5: 1.07mg (10.67%), Vitamin B3: 2.1mg (10.51%), Vitamin C: 7.7mg (9.33%), Vitamin B2: 0.12mg (7.34%), Calcium: 57.21mg (5.72%), Vitamin E: 0.84mg (5.62%), Selenium: 2.78µg (3.97%)