



HEALTH SCORE

100%

Curried Lentils and Potatoes



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon curry powder
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 1.5 cups lentils such as chiefs red hulled
- ☐ 4 servings nonfat yogurt plain
- ☐ 1 pound thin-skinned potatoes red
- ☐ 4 servings salt
- ☐ 2 firm-ripe tomatoes

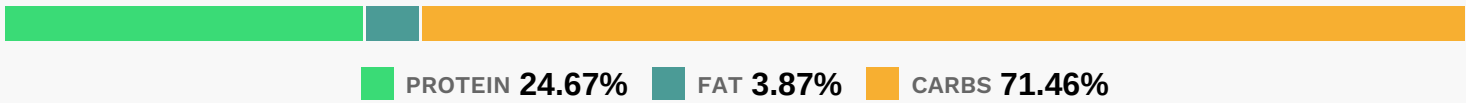
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Scrub potatoes and cut them into 1/4-inch slices.
- ☐ Rinse tomatoes, core, and cut each into 6 wedges.
- ☐ In a 12- to 14-inch frying pan, combine potatoes, tomatoes, lentils, broth, and curry powder. Bring to a boil over high heat, stirring occasionally.
- ☐ Cover pan, reduce heat, and simmer until most of the liquid is absorbed and potatoes are tender to bite, about 20 minutes, stirring occasionally.
- ☐ Spoon into wide bowls.
- ☐ Sprinkle with chopped mint and add yogurt and salt to taste.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:5.89, Inflammation Score:-9, Nutrition Score:30.793477949889%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 358.82kcal (17.94%), Fat: 1.57g (2.42%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 65.29g (21.76%), Net Carbohydrates: 39.94g (14.52%), Sugar: 4.92g (5.46%), Cholesterol: 0.02mg (0.01%), Sodium: 920.34mg (40.01%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.53g (45.06%), Fiber: 25.35g (101.4%), Folate: 381.86µg (95.46%), Manganese: 1.3mg (65.21%), Vitamin B1: 0.76mg (50.78%), Phosphorus: 436.24mg (43.62%), Potassium: 1442.13mg (41.2%), Iron: 7.25mg (40.28%), Vitamin B6: 0.68mg (33.8%), Magnesium: 127.51mg (31.88%), Copper: 0.62mg (30.8%), Vitamin C: 22.42mg (27.18%), Zinc: 4.06mg (27.04%), Vitamin B3: 4.6mg (22.98%), Vitamin B5: 2.13mg (21.32%), Selenium: 10.58µg (15.12%), Vitamin B2: 0.25mg (14.62%), Vitamin A: 682.65IU (13.65%), Vitamin K: 13.25µg (12.62%), Calcium: 80.73mg (8.07%), Vitamin E: 1.03mg (6.84%), Vitamin B12: 0.35µg (5.78%)