



HEALTH SCORE

70%

Curry Lentil and Brown Rice Casserole



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**110 min.**

SERVINGS

**4**

CALORIES

**333 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 medium rum peeled cut into 1/2- to 3/4-inch pieces (2 cups)
- ☐ 6 oz lentils dried rinsed
- ☐ 0.5 cup brown rice uncooked
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup raisins
- ☐ 2.5 cups water
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons curry powder

☐ 2 tablespoons slivered almonds

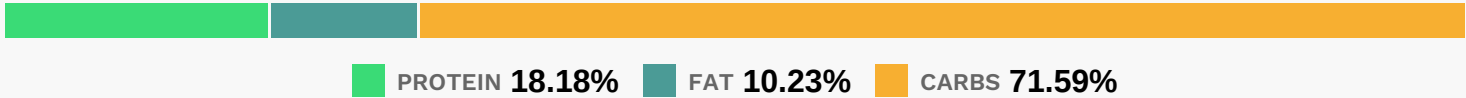
Equipment

☐ oven

Directions

- ☐ Heat oven to 375°F. In ungreased 2- or 2 1/2-quart casserole, mix all ingredients except almonds.
- ☐ Cover and bake 1 hour to 1 hour 15 minutes or until rice and lentils are tender. Uncover and stir mixture.
- ☐ Let stand 5 minutes before serving.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:54.79, Glycemic Load:21.24, Inflammation Score:-8, Nutrition Score:23.094348047091%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 332.76kcal (16.64%), Fat: 3.88g (5.97%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 61.15g (20.38%), Net Carbohydrates: 44.72g (16.26%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 520.03mg (22.61%), Alcohol: 0.08g (100%), Alcohol %: 0.04% (100%), Protein: 15.53g (31.05%), Manganese: 1.73mg (86.29%), Fiber: 16.43g (65.72%), Folate: 222.91µg (55.73%), Vitamin B1: 0.52mg (34.52%), Vitamin C: 26.8mg (32.49%), Phosphorus:

312.17mg (31.22%), Magnesium: 114.63mg (28.66%), Iron: 4.88mg (27.11%), Vitamin B6: 0.48mg (23.76%), Copper: 0.44mg (22%), Potassium: 729.75mg (20.85%), Zinc: 2.84mg (18.94%), Vitamin B3: 3.09mg (15.43%), Vitamin B5: 1.39mg (13.89%), Vitamin E: 2mg (13.35%), Vitamin B2: 0.22mg (13.07%), Vitamin A: 609.64IU (12.19%), Calcium: 62.5mg (6.25%), Selenium: 4.1µg (5.86%), Vitamin K: 4.04µg (3.84%)