



Du Puy Lentils with Carrots

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 bay leaf
- ☐ 2 small carrots cut in 1/4-inch slices on the diagonal
- ☐ 3 cups chicken broth
- ☐ 1 large leek dark white green chopped
- ☐ 1 cup du puy lentils
- ☐ 1 tablespoon olive oil
- ☐ 4 parsley stems plus 1/ cup parsley leaves chopped

☐ 6 servings salt and pepper black freshly ground

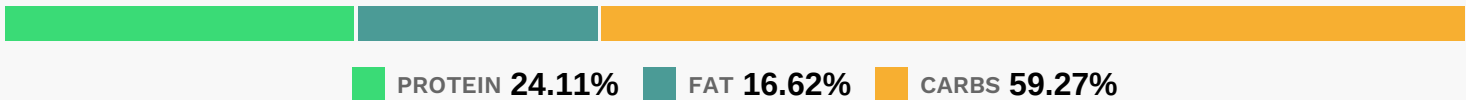
Equipment

☐ sauce pan

Directions

- ☐ In a medium saucepan over medium heat, saute the leek in the olive oil until translucent.
- ☐ Add the carrots and saute 1 minute further then add the lentils, chicken broth, parsley stems and bay leaf and bring to a boil. Reduce heat to low and simmer, covered, until the lentils are soft but not mushy, about 40 minutes.
- ☐ Remove the cover, turn the heat up to medium and cook strongly 5 to 8 additional minutes, until most of the liquid has been absorbed. Fish out the bay leaf, the dark green leaf part of the leek and parsley stems, stir in the balsamic vinegar and parsley, and season with salt and pepper.
- ☐ Serve hot or at room temperature.
- ☐ Cook's Note: Du Puy lentils are the small, blue-green marbled lentils grown in the volcanic soil of the southwest of France. If you can't find du Puy lentils, an equal quantity of another small lentil may be substituted. You may need to add 10 or so minutes of cooking time.
- ☐ This recipe was provided by a finalist, who may or may not be a professional cook, for The Next Food Network Star. Food Network has not tested this recipe and therefore, we cannot make representation as to the results.

Nutrition Facts



Properties

Glycemic Index:32.14, Glycemic Load:1.36, Inflammation Score:-9, Nutrition Score:8.4369565818621%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 165.78kcal (8.29%), Fat: 3.01g (4.63%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 13.35g (4.86%), Sugar: 2.94g (3.27%), Cholesterol: 2.35mg (0.78%), Sodium: 453.45mg (19.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.63%), Vitamin A: 3091.69IU (61.83%), Fiber: 10.77g (43.08%), Vitamin K: 21.67µg (20.64%), Iron: 2.93mg (16.3%), Manganese: 0.17mg (8.4%), Vitamin C: 5.26mg (6.37%), Vitamin B2: 0.08mg (4.96%), Vitamin E: 0.64mg (4.24%), Calcium: 41.2mg (4.12%), Folate: 13.72µg (3.43%), Potassium: 109.3mg (3.12%), Vitamin B1: 0.05mg (3.02%), Vitamin B6: 0.06mg (2.94%), Vitamin B3: 0.49mg (2.45%), Copper: 0.05mg (2.3%), Magnesium: 8.17mg (2.04%), Phosphorus: 16.8mg (1.68%), Zinc: 0.15mg (1.01%)