

Egyptian Koshari

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup brown lentils
- 15.5 ounce canned tomatoes diced canned
- 1 cup elbow macaroni
- 4 cloves garlic minced
- 0.8 cup rice long grain uncooked
- 2 large onions chopped
- 0.3 teaspoon pepper flakes red to taste
- 4 servings salt and pepper to taste

2 tablespoons vegetable oil

4 cups water

Equipment

frying pan

sauce pan

Directions

Combine the lentils and water in a large saucepan. Bring to a boil, then simmer over medium heat for 25 minutes.

Add the rice to the lentils, and continue to simmer for an additional 20 minutes, or until rice is tender.

Fill a separate saucepan with lightly salted water and bring to a boil.

Add the macaroni and cook until tender, about 8 minutes.

Drain.

Meanwhile, heat the vegetable oil in a large skillet over medium heat.

Add onion and garlic; cook and stir until onion is lightly browned.

Pour in the tomatoes and season with red pepper flakes, salt and pepper. Simmer over medium heat for 10 to 20 minutes.

In a large serving dish, stir together the lentils, rice and macaroni.

Mix in the tomato sauce until evenly coated.

Nutrition Facts



PROTEIN 14.79% **FAT 14.51%** **CARBS 70.7%**

Properties

Glycemic Index:45.2, Glycemic Load:23.39, Inflammation Score:-8, Nutrition Score:25.491304542707%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg 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: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 15.28mg, Quercetin: 15.28mg, Quercetin: 15.28mg, Quercetin: 15.28mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 513.63kcal (25.68%), Fat: 8.35g (12.85%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 91.56g (30.52%), Net Carbohydrates: 75.54g (27.47%), Sugar: 9.76g (10.84%), Cholesterol: 0mg (0%), Sodium: 362.18mg (15.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.16g (38.32%), Manganese: 1.53mg (76.39%), Fiber: 16.02g (64.08%), Folate: 210.17µg (52.54%), Selenium: 31.83µg (45.47%), Phosphorus: 330.27mg (33.03%), Vitamin B1: 0.49mg (32.88%), Copper: 0.64mg (32.14%), Vitamin B6: 0.6mg (29.78%), Iron: 5.11mg (28.38%), Magnesium: 103.92mg (25.98%), Potassium: 907.62mg (25.93%), Vitamin C: 18.18mg (22.03%), Zinc: 3.08mg (20.54%), Vitamin K: 20.68µg (19.7%), Vitamin B3: 3.55mg (17.76%), Vitamin B5: 1.69mg (16.9%), Vitamin E: 2.25mg (14.98%), Vitamin B2: 0.2mg (11.52%), Calcium: 104.88mg (10.49%), Vitamin A: 289.06IU (5.78%)