

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

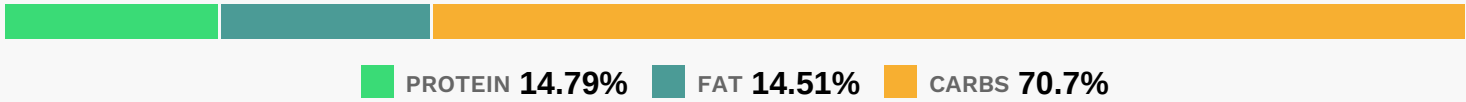
Equipment

- ☐ 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



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%)