 **43%**  
HEALTH SCORE

## Ethiopian Lentil Curry

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon amchar masala
- 1 cup brown lentils
- 1 can canned tomatoes crushed
- 1 cauliflower cut into bite size pieces
- 2 garlic clove minced
- 1 onion diced
- 2 cups peas frozen
- 0.3 cup yogurt plain

- 2 tablespoons garam masala
- 1 can canned tomatoes
- 2 tablespoons vegetable oil

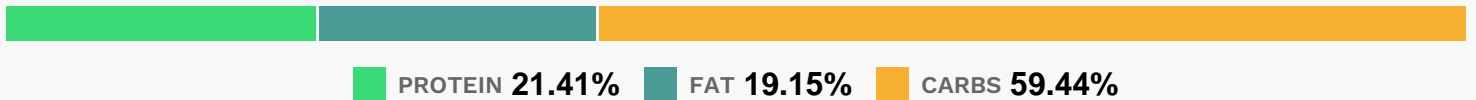
## Equipment

- pot

## Directions

- In a large pot heat oil over medium heat.
- Add onions and saut until translucent.
- Add minced garlic and continue to saut for another minute.
- Combine cauliflower, peas and lentils in the pot, sprinkle with amchar massala and massala molida and saut for 5 minutes.
- Pour crushed tomatoes and tomato paste into the pot and stir to combine.
- Add about two cups of water and bring curry to a boil.Reduce heat, cover, and simmer on low until lentils are tender; about an hour.
- Mix in plain yogurt and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:42.16, Glycemic Load:8.47, Inflammation Score:-9, Nutrition Score:29.182608695652%

## Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg Gallicocatechin: 0.04mg, Gallicocatechin: 0.04mg, Gallicocatechin: 0.04mg, Gallicocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 284.63kcal (14.23%), Fat: 6.37g (9.8%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 26.69g (9.7%), Sugar: 12.51g (13.9%), Cholesterol: 1.33mg (0.44%), Sodium: 221.18mg (9.62%), Protein: 16.03g (32.06%), Vitamin C: 81.26mg (98.49%), Fiber: 17.82g (71.27%), Folate: 261.36µg (65.34%), Manganese: 1.06mg (53.19%), Vitamin K: 44.15µg (42.05%), Vitamin B1: 0.57mg (38.13%), Vitamin B6: 0.67mg (33.7%), Potassium: 1158.08mg (33.09%), Phosphorus: 299.07mg (29.91%), Iron: 5.37mg (29.82%), Copper: 0.55mg (27.51%), Magnesium: 100.07mg (25.02%), Vitamin B3: 4.04mg (20.2%), Zinc: 2.86mg (19.07%), Vitamin B5: 1.82mg (18.23%), Vitamin B2: 0.28mg (16.51%), Vitamin E: 2.39mg (15.93%), Vitamin A: 687.34IU (13.75%), Calcium: 116.05mg (11.6%), Selenium: 5.38µg (7.69%)