



French Lentil and Portabella Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 carrots sliced
- 2 ribs celery chopped
- 1 tsp thyme dried
- 1 tbsp rosemary leaves dried fresh crumbled crushed chopped (or 2 tsp. , or)
- 3 cloves garlic minced
- 200 g lentils french rinsed
- 1 large onion chopped

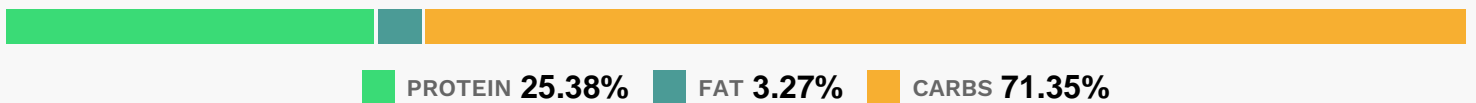
- 4 servings pepper black generous
- 6 ounces portabello mushrooms sliced chopped
- 0.3 cup red wine
- 4 servings salt to taste
- 4 cups vegetable stock

Equipment

Directions

- Add a little water, if you like, to prevent sticking. Stir the onions until they begin to brown (we're going for caramelized onions without the oil), about 5 minutes. Then add the garlic and mushrooms and cook, covered but stirring occasionally, until the mushrooms release their juices.
- Add 4 cups of vegetable broth (I used Un-Chicken broth from Imagine Foods, but you can use your favorite broth). Stir in the lentils and remaining ingredients, except the wine and salt. Cover and cook until the lentils are just tender (they'd be al dente if they were pasta), about 20 minutes. When the lentils are barely tender, add the red wine. (I used a nice yet inexpensive Merlot, but you can use whatever you like, as long it is a wine you can drink—not one of those horrible "cooking wines" you find in the grocery store. If you are not a wine drinker, you can leave this out, but I like the taste it gives to the stew.) If more liquid is needed, add a little more broth. Check the seasonings and add salt to taste. Cover and simmer until lentils and vegetables are all tender, at least 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:14.92260864377%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg,
Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.37mg, Naringenin: 0.37mg,
Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg
Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg,
Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg,
Kaempferol: 0.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.95mg,
Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 255.89kcal (12.79%), Fat: 0.88g (1.36%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 43.42g (14.47%),
Net Carbohydrates: 25.18g (9.16%), Sugar: 7.53g (8.36%), Cholesterol: 0mg (0%), Sodium: 1180.6mg (51.33%),
Alcohol: 1.59g (100%), Alcohol %: 0.46% (100%), Protein: 15.45g (30.89%), Vitamin A: 5716.3IU (114.33%), Fiber:
18.24g (72.96%), Iron: 4.69mg (26.07%), Vitamin K: 16.3µg (15.52%), Manganese: 0.25mg (12.42%), Selenium: 8.58µg
(12.26%), Vitamin B3: 2.39mg (11.96%), Potassium: 394.53mg (11.27%), Vitamin C: 8.69mg (10.53%), Vitamin B6:
0.21mg (10.29%), Copper: 0.17mg (8.57%), Folate: 33.77µg (8.44%), Phosphorus: 80.37mg (8.04%), Calcium:
73.43mg (7.34%), Vitamin B5: 0.69mg (6.86%), Vitamin B2: 0.1mg (6.12%), Vitamin B1: 0.07mg (4.93%), Magnesium:
13.37mg (3.34%), Zinc: 0.46mg (3.1%), Vitamin E: 0.3mg (2%)