

Golden Lentil Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large stalk celery finely chopped
- ☐ 8 servings kosher salt and pepper black freshly ground to taste
- ☐ 0.5 small onion finely chopped
- ☐ 1 cup lentils dried red
- ☐ 1 large pinch saffron threads
- ☐ 1 tablespoon butter unsalted at room temperature
- ☐ 2 cups vegetable stock low-sodium

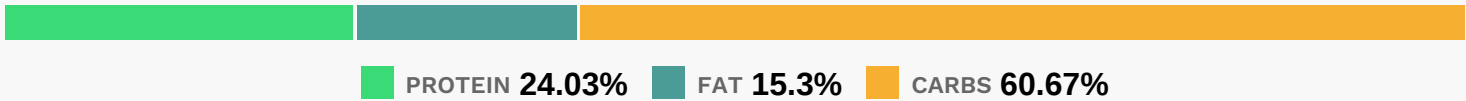
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ In a medium pot over medium heat, combine the stock, lentils, onion, celery, saffron, salt, and pepper. Bring to a simmer and cook gently until the lentils are tender and light golden in color, 20 to 35 minutes, depending on the lentils. (If they begin to dry out, add water as needed.)
- ☐ Drain, reserving any remaining liquid.
- ☐ Transfer the lentil mixture to a food processor.
- ☐ Add the butter and pulse, adding the reserved liquid (or water, if you run out) 1 tablespoon at a time, until the dip has the consistency of hummus.
- ☐ Place the dip in a bowl and let cool.
- ☐ Serve with pretzels, crackers, raw vegetables, or chicken tenders.
- ☐ For a sunnier golden color, add 1/2 teaspoon ground turmeric as the lentils cook.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:7.2843477921965%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 98.05kcal (4.9%), Fat: 1.68g (2.58%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 7.89g (2.87%), Sugar: 1.25g (1.39%), Cholesterol: 3.76mg (1.25%), Sodium: 243.15mg (10.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.87%), Fiber: 7.09g (28.36%), Folate: 111.56µg (27.89%),

Manganese: 0.33mg (16.39%), Vitamin B1: 0.2mg (13.35%), Phosphorus: 105.26mg (10.53%), Iron: 1.73mg (9.62%), Zinc: 1.1mg (7.31%), Magnesium: 28.99mg (7.25%), Potassium: 243.92mg (6.97%), Vitamin B6: 0.13mg (6.65%), Copper: 0.12mg (6.15%), Vitamin B5: 0.51mg (5.1%), Vitamin A: 214.23IU (4.28%), Vitamin K: 3.77µg (3.59%), Vitamin B2: 0.05mg (3.18%), Vitamin B3: 0.62mg (3.09%), Selenium: 1.94µg (2.78%), Vitamin C: 1.57mg (1.9%), Calcium: 17.68mg (1.77%), Vitamin E: 0.17mg (1.16%)