



Gratin of white cabbage & lentils in a Provençal sauce

 Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g green lentils
- ☐ 0.3 cabbage shredded white
- ☐ 25 g breadcrumbs
- ☐ 25 g parmesan freshly grated (or vegetarian alternative)
- ☐ 4 servings olive oil extra virgin extra-virgin
- ☐ 1 onion red chopped
- ☐ 2 garlic clove chopped

- ☐ 1 bell pepper red seeded cut into postage stamp-sized squares
- ☐ 3 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tsp ground coriander
- ☐ 2 sprigs thyme leaves generous
- ☐ 400 g canned tomatoes chopped canned
- ☐ 1 tbsp tomato purée
- ☐ 1 tsp sugar
- ☐ 1 leaves basil

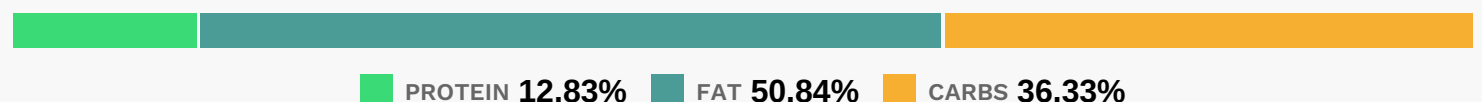
Equipment

- ☐ oven

Directions

- ☐ Pre-heat the oven to 200C/Gas 6/fan 180C. Cook the lentils in boiling unsalted water for about 20– 30 minutes until just tender, then drain. Fry the onion, garlic and red pepper in the olive oil until soft (about 10 minutes).
- ☐ Add the ground coriander and thyme, and stir for 30 seconds or so. Now tip in the tomatoes, tomato pure and sugar, and season with salt and pepper. Leave to simmer to a thick sauce, stirring occasionally, for about 15– 20 minutes. Check seasoning, take out the thyme and stir in the basil.
- ☐ Meanwhile, cook the cabbage in boiling salted water for about 3–4 minutes, until just tender.
- ☐ Drain, and run under the cold tap, then drain thoroughly again.
- ☐ Mix the cabbage and lentils with the tomato sauce, and spoon into a shallow ovenproof gratin dish.
- ☐ Mix the breadcrumbs and cheese, and scatter over the mixture in an even layer.
- ☐ Drizzle with a little extra olive oil.
- ☐ Bake for 20–30 minutes until sizzling and patched appetisingly with brown.

Nutrition Facts



Properties

Glycemic Index:101.92, Glycemic Load:7.59, Inflammation Score:-9, Nutrition Score:30.243043830213%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 468.64kcal (23.43%), Fat: 27.4g (42.15%), Saturated Fat: 4.64g (29%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 27.84g (10.12%), Sugar: 11.64g (12.93%), Cholesterol: 4.25mg (1.42%), Sodium: 297.97mg (12.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.55g (31.11%), Vitamin C: 80.36mg (97.4%), Vitamin K: 82.07µg (78.16%), Fiber: 16.21g (64.83%), Folate: 240.02µg (60%), Manganese: 0.95mg (47.38%), Vitamin E: 5.64mg (37.59%), Vitamin B1: 0.52mg (34.91%), Vitamin B6: 0.59mg (29.56%), Iron: 5.23mg (29.07%), Phosphorus: 285.26mg (28.53%), Vitamin A: 1334.52IU (26.69%), Potassium: 909.76mg (25.99%), Copper: 0.44mg (21.82%), Magnesium: 87.2mg (21.8%), Calcium: 186.84mg (18.68%), Zinc: 2.53mg (16.84%), Vitamin B3: 3.15mg (15.77%), Vitamin B2: 0.24mg (14.33%), Vitamin B5: 1.41mg (14.07%), Selenium: 7.25µg (10.35%), Vitamin B12: 0.1µg (1.61%)