



Hearty, Healthful Lentil Stew



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 0.8 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup lentils dried
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 1 garlic clove sliced

- ☐ 0.8 cup brown rice instant
- ☐ 1 tablespoon olive oil
- ☐ 1.3 cups onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

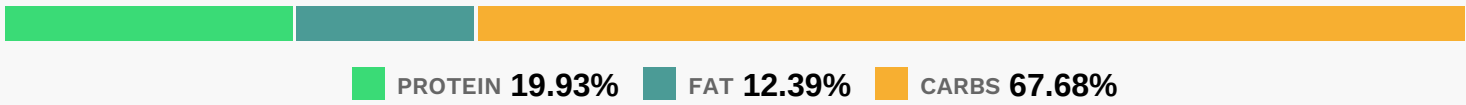
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a small Dutch oven over medium-high heat.
- ☐ Add onion, celery, carrot, and garlic to pan; saut 8 minutes or until tender.
- ☐ Add broth, water, and tomatoes; bring to a boil. Stir in lentils; simmer 25 minutes, stirring occasionally. Stir in rice; simmer 20 minutes, stirring occasionally. Stir in red pepper, salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:38.41, Glycemic Load:6.36, Inflammation Score:-10, Nutrition Score:23.655217170715%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 246.5kcal (12.32%), Fat: 3.53g (5.43%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 43.38g (14.46%), Net Carbohydrates: 29.53g (10.74%), Sugar: 9.12g (10.13%), Cholesterol: 0mg (0%), Sodium: 924.17mg (40.18%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.56%), Vitamin A: 3096.05IU (61.92%), Fiber: 13.85g (55.41%), Folate: 217.06µg (54.27%), Manganese: 0.9mg (44.78%), Vitamin B1: 0.52mg (34.64%), Iron: 5.23mg (29.07%), Potassium: 891.57mg (25.47%), Copper: 0.49mg (24.64%), Vitamin B6: 0.49mg (24.5%), Phosphorus: 236.69mg (23.67%), Vitamin B3: 4.32mg (21.61%), Vitamin C: 17.67mg (21.42%), Magnesium: 76.54mg (19.13%), Vitamin K: 17.53µg (16.69%), Selenium: 11.14µg (15.91%), Vitamin E: 2.37mg (15.82%), Zinc: 2.21mg (14.71%), Vitamin B5: 1.41mg (14.12%), Vitamin B2: 0.2mg (11.84%), Calcium: 94.09mg (9.41%), Vitamin B12: 0.3µg (5.04%)