



How to Make Braised Black Lentils

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beluga lentils
- ☐ 1 tablespoon butter
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup celery diced
- ☐ 1 tablespoon champagne vinegar
- ☐ 1.8 cups chicken stock see
- ☐ 6 sprigs thyme leaves fresh
- ☐ 2 servings ground pepper black to taste

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion diced
- ☐ 2 tablespoons parsley italian chopped
- ☐ 2 servings salt to taste

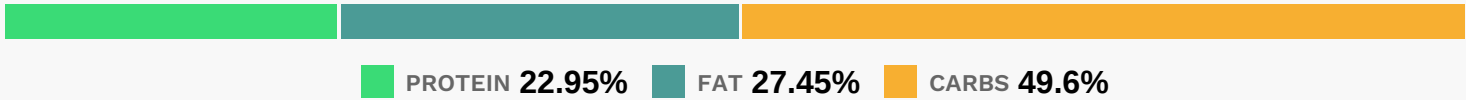
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in olive oil over medium heat in a saucepan. Cook and stir onion, carrot, celery, and salt until vegetables are softened and onion is translucent, about 10 minutes.
- ☐ Reduce heat to low and add thyme sprigs and pepper. Stir in lentils until well coated.
- ☐ Add chicken stock and bring to a gentle simmer.
- ☐ Reduce heat to low, cover and cook, checking occasionally, until the lentils are tender and have absorbed all the liquid, about 35 minutes.
- ☐ Remove from heat and discard thyme stems. Stir in champagne vinegar and parsley. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:132.42, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:21.452174298789%

Flavonoids

Apigenin: 9.42mg, Apigenin: 9.42mg, Apigenin: 9.42mg, Apigenin: 9.42mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg

Nutrients (% of daily need)

Calories: 530.47kcal (26.52%), Fat: 16.24g (24.99%), Saturated Fat: 5.3g (33.1%), Carbohydrates: 66.04g (22.01%), Net Carbohydrates: 43.48g (15.81%), Sugar: 6.91g (7.68%), Cholesterol: 21.35mg (7.12%), Sodium: 592.25mg (25.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.56g (61.12%), Vitamin A: 6126.36IU (122.53%), Fiber: 22.56g (90.23%), Vitamin K: 82.67µg (78.73%), Iron: 9.09mg (50.49%), Vitamin C: 20.41mg (24.74%), Vitamin B3: 3.87mg (19.35%), Vitamin B2: 0.24mg (14.29%), Potassium: 493.42mg (14.1%), Vitamin B6: 0.25mg (12.67%), Calcium: 116.59mg (11.66%), Vitamin E: 1.55mg (10.35%), Folate: 40.93µg (10.23%), Manganese: 0.2mg (9.9%), Phosphorus: 93.5mg (9.35%), Copper: 0.18mg (8.85%), Vitamin B1: 0.12mg (8.24%), Selenium: 5.03µg (7.19%), Magnesium: 26.43mg (6.61%), Zinc: 0.58mg (3.86%), Vitamin B5: 0.24mg (2.36%)