



Indian Dahl with Spinach

 Vegetarian  Gluten Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.5 teaspoon chili powder
- 0.5 cup coconut milk
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 0.5 teaspoon ground turmeric
- 1 teaspoon mustard seed
- 1 onion chopped

- 1.5 cups lentils red
- 0.5 teaspoon salt
- 1 pound pkt spinach rinsed chopped
- 3.5 cups water

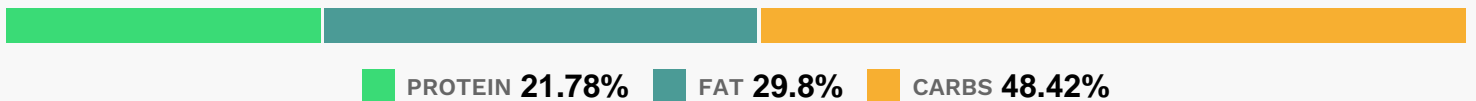
Equipment

- sauce pan

Directions

- Rinse lentils and soak for 20 minutes.
- In a large saucepan, bring water to a boil and stir in salt, lentils, turmeric and chili powder. Cover and return to a boil, then reduce heat to low and simmer for 15 minutes. Stir in the spinach and cook 5 minutes, or until lentils are soft.
- Add more water if necessary.
- In a small saucepan over medium heat, melt butter and saute onions with cumin and mustard seeds, stirring often. Cook until onions are transparent, and then combine with lentils. Stir in garam masala and coconut milk and cook until heated through.

Nutrition Facts



Properties

Glycemic Index:60.15, Glycemic Load:6.78, Inflammation Score:-10, Nutrition Score:41.950000066472%

Flavonoids

Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 390.47kcal (19.52%), Fat: 13.39g (20.61%), Saturated Fat: 9.17g (57.29%), Carbohydrates: 48.97g (16.32%), Net Carbohydrates: 25.05g (9.11%), Sugar: 3.1g (3.45%), Cholesterol: 15.05mg (5.02%), Sodium: 449.93mg (19.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.04%), Vitamin K: 552.05µg (525.76%), Vitamin A: 10915.85IU (218.32%), Folate: 554.14µg (138.53%), Manganese: 2.23mg (111.35%), Fiber: 23.93g (95.71%), Iron: 9.7mg (53.91%), Magnesium: 195.36mg (48.84%), Vitamin B1: 0.71mg (47.14%), Vitamin C: 37.31mg (45.22%), Phosphorus: 406.89mg (40.69%), Potassium: 1407.09mg (40.2%), Vitamin B6: 0.64mg (32.08%), Copper: 0.62mg (30.9%), Zinc: 4.15mg (27.68%), Vitamin B2: 0.37mg (21.95%), Vitamin E: 2.96mg (19.72%), Calcium: 177.48mg (17.75%), Vitamin B5: 1.61mg (16.11%), Vitamin B3: 2.89mg (14.47%), Selenium: 8.59µg (12.28%)