

## Indian Lentil Dahl

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 T canola oil
- 0.3 c cilantro leaves coarsely chopped
- 1 c coconut milk
- 1 T ginger fresh minced
- 1 t garam masala (can be easily found in the supermarket spice isle)
- 4 garlic clove minced
- 1 T juice of lime
- 1 onion finely chopped

- 3 plum tomatoes
- 1.3 c lentils split red
- 0.8 t salt
- 3 c water

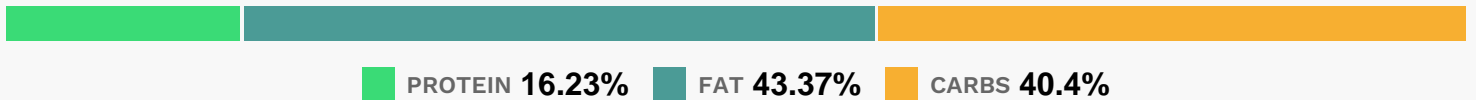
## Equipment

- sauce pan

## Directions

- In a large saucepan, combine oil, onion and salt at medium-high heat. Cook until onion starts to brown, around 5 minutes or so.
- Add garlic, ginger and Garam Masala , cook until fragrant, about 1 minute.
- Add lentils, coconut milk and water. Bring to a boil, then reduce heat to low and simmer, partially covered until lentils are fully tender and broken down to an almost paste-like consistency, about 25-30 minutes.
- Add lime juice and cilantro. Check for seasoning.
- Serve (over rice if you like), topped with the diced tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:65.9, Glycemic Load:7, Inflammation Score:-8, Nutrition Score:23.394347826087%

## Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

## Taste

Sweetness: 37.05%, Saltiness: 100%, Sourness: 43.37%, Bitterness: 65.47%, Savoriness: 34.49%, Fattiness: 72.4%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 400.23kcal (20.01%), Fat: 19.87g (30.57%), Saturated Fat: 11.32g (70.76%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 23.22g (8.44%), Sugar: 3.67g (4.07%), Cholesterol: 0mg (0%), Sodium: 460.81mg (20.04%), Protein: 16.73g (33.45%), Fiber: 18.43g (73.7%), Folate: 291.03µg (72.76%), Manganese: 1.33mg (66.61%), Vitamin B1: 0.54mg (36.11%), Iron: 6.38mg (35.45%), Phosphorus: 333.41mg (33.34%), Magnesium: 106.41mg (26.6%), Copper: 0.5mg (25.09%), Potassium: 842.56mg (24.07%), Vitamin B6: 0.43mg (21.66%), Zinc: 3.2mg (21.33%), Vitamin C: 13.95mg (16.91%), Vitamin K: 15.8µg (15.04%), Vitamin B5: 1.4mg (13.99%), Vitamin E: 1.81mg (12.04%), Vitamin B3: 2.19mg (10.94%), Vitamin A: 501.95IU (10.04%), Vitamin B2: 0.14mg (8.33%), Selenium: 5.26µg (7.52%), Calcium: 65.37mg (6.54%)