



HEALTH SCORE

56%

Indian Lentils and Rice



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup spring onion chopped
- ☐ 1 tablespoon ginger finely chopped
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 garlic clove finely chopped
- ☐ 5.3 cups vegetable stock
- ☐ 12 oz lentils dried rinsed
- ☐ 1 teaspoon turmeric
- ☐ 0.5 teaspoon salt

- ☐ 1 cup tomatoes chopped
- ☐ 0.3 cup coconut or shredded
- ☐ 2 tablespoons mint leaves dried fresh chopped
- ☐ 3 cups rice hot cooked
- ☐ 1.5 cups yogurt plain fat free yoplait® (from 2-lb container)

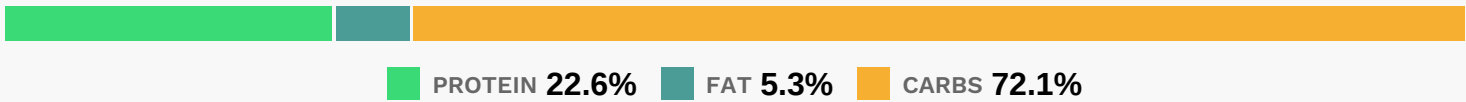
Equipment

- ☐ sauce pan

Directions

- ☐ Spray 3-quart saucepan with cooking spray. Cook onions, gingerroot, red pepper and garlic in saucepan over medium heat 3 to 5 minutes, stirring occasionally, until onions are tender.
- ☐ Stir in 5 cups of the broth, the lentils, turmeric and salt.
- ☐ Heat to boiling; reduce heat. Cover and simmer 25 to 30 minutes, adding remaining broth if needed, until lentils are tender.
- ☐ Stir in tomato, coconut and mint.
- ☐ Serve over rice and with yogurt.

Nutrition Facts



Properties

Glycemic Index:51.43, Glycemic Load:29.75, Inflammation Score:-10, Nutrition Score:25.185217484184%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg

Nutrients (% of daily need)

Calories: 371.25kcal (18.56%), Fat: 2.18g (3.36%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 66.76g (22.25%), Net Carbohydrates: 48.08g (17.48%), Sugar: 8.74g (9.71%), Cholesterol: 1.23mg (0.41%), Sodium: 1072.53mg (46.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.92g (41.85%), Fiber: 18.69g (74.75%), Folate: 293.43µg (73.36%), Manganese: 1.29mg (64.4%), Phosphorus: 402.82mg (40.28%), Vitamin B1: 0.56mg (37.36%), Iron: 5.02mg (27.86%), Zinc: 3.85mg (25.69%), Magnesium: 98.55mg (24.64%), Potassium: 846.64mg (24.19%), Vitamin B6: 0.46mg (23.11%), Vitamin K: 22.28µg (21.22%), Copper: 0.41mg (20.39%), Vitamin B5: 1.97mg (19.67%), Selenium: 13.4µg (19.14%), Calcium: 177.4mg (17.74%), Vitamin B2: 0.29mg (17.2%), Vitamin A: 837.57IU (16.75%), Vitamin C: 9.11mg (11.04%), Vitamin B3: 2.14mg (10.72%), Vitamin B12: 0.37µg (6.23%), Vitamin E: 0.53mg (3.52%)