



Indian-Spiced Lentils and Lamb

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup brown lentils
- ☐ 15 ounce canned tomatoes whole peeled drained coarsely chopped canned
- ☐ 0.8 cup carrots chopped
- ☐ 0.3 cup cilantro leaves
- ☐ 1 teaspoon curry powder red
- ☐ 5 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 jalapeno chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 ounces lamb lean
- ☐ 0.8 cup coconut milk light
- ☐ 0.3 cup greek yogurt 2% reduced-fat
- ☐ 2 cups lower-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat a saucepan over medium-high heat.
- ☐ Add oil to pan; swirl.
- ☐ Add lamb and next 4 ingredients (through red pepper); saut 4 minutes, stirring to crumble.
- ☐ Add onion, carrot, and jalapeo; saut 4 minutes or until lamb is browned.
- ☐ Add garlic; saut 1 minute, stirring constantly. Stir in tomato paste; saut 30 seconds.
- ☐ Add lentils; saut 30 seconds. Stir in broth and next 3 ingredients (through tomatoes); bring to a boil. Reduce heat, and simmer for 40 minutes or until lentils are tender. Ladle about 1 cup lentil mixture into each of 4 bowls; top each serving with 1 tablespoon yogurt and 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:69.86, Glycemic Load:5.31, Inflammation Score:-10, Nutrition Score:22.793043509774%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 13.53mg, Quercetin: 13.53mg, Quercetin: 13.53mg, Quercetin: 13.53mg Gallicocatechin: 0.05mg, Gallicocatechin: 0.05mg, Gallicocatechin: 0.05mg, Gallicocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 368.6kcal (18.43%), Fat: 14.48g (22.28%), Saturated Fat: 7.31g (45.66%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 24.09g (8.76%), Sugar: 8.22g (9.14%), Cholesterol: 31.86mg (10.62%), Sodium: 790.55mg (34.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.67%), Vitamin A: 4387.1IU (87.74%), Fiber: 14.36g (57.43%), Folate: 200.01µg (50%), Manganese: 0.8mg (39.81%), Potassium: 1036.8mg (29.62%), Iron: 5.26mg (29.2%), Vitamin C: 23.98mg (29.07%), Vitamin B1: 0.42mg (28.16%), Vitamin B6: 0.5mg (24.99%), Phosphorus: 223.41mg (22.34%), Magnesium: 71.79mg (17.95%), Copper: 0.34mg (17.13%), Zinc: 2.16mg (14.41%), Vitamin K: 14.39µg (13.7%), Vitamin E: 1.85mg (12.31%), Calcium: 113.71mg (11.37%), Vitamin B3: 2.26mg (11.28%), Vitamin B5: 1.08mg (10.8%), Vitamin B2: 0.18mg (10.77%), Selenium: 4.31µg (6.16%)