





# Lebanese Lentil-and-Rice Pilaf with Blackened Onions

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 teaspoon ground allspice
- 4 servings yogurt plain
- 4 servings mint leaves fresh chopped
- 0.8 cup rice long-grain white
- 3 garlic clove minced
- 2 large onion sliced
- 2 teaspoons ground cumin

- 28 ounce vegetable stock canned
- 0.8 cup lentils dried picked over rinsed
- 1 medium onion chopped
- 0.8 teaspoon ground cinnamon
- 3 tomatoes quartered
- 1 cucumber peeled cut into rounds
- 4 tablespoons olive oil

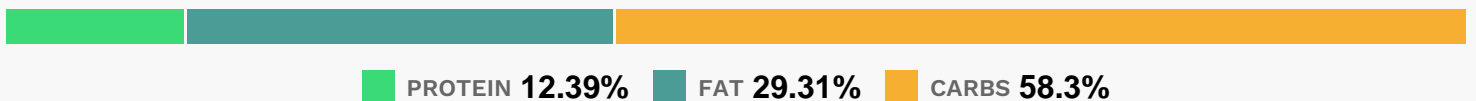
## Equipment

- frying pan
- sauce pan

## Directions

- Heat 2 tablespoons oil in large saucepan over medium-high heat.
- Add chopped onion and next 4 ingredients; sauté until onion softens, about 4 minutes.
- Add broth and lentils; bring to boil. Reduce heat to medium-low and simmer, covered, 10 minutes. Stir in rice; return to boil. Reduce heat to medium-low; cover and cook until liquid is absorbed and rice and lentils are tender, about 15 minutes longer.
- Meanwhile, heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- Add sliced onions; sauté until soft and beginning to blacken, about 20 minutes.
- Season pilaf to taste with salt and pepper.
- Transfer to plates; top with blackened onions.
- Place tomatoes and cucumber alongside. Top pilaf with dollop of yogurt.
- Sprinkle with mint.

## Nutrition Facts



## Properties

Glycemic Index:77.95, Glycemic Load:23.94, Inflammation Score:-9, Nutrition Score:23.28304337702%

## Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 5.14mg, Isorhamnetin: 5.14mg, Isorhamnetin: 5.14mg, Isorhamnetin: 5.14mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 21.38mg, Quercetin: 21.38mg, Quercetin: 21.38mg, Quercetin: 21.38mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 463.97kcal (23.2%), Fat: 15.32g (23.57%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 68.55g (22.85%), Net Carbohydrates: 53.26g (19.37%), Sugar: 10.37g (11.52%), Cholesterol: 0.13mg (0.04%), Sodium: 811.24mg (35.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.13%), Manganese: 1.3mg (65.2%), Fiber: 15.29g (61.16%), Folate: 220.52µg (55.13%), Vitamin C: 25.42mg (30.81%), Vitamin B1: 0.46mg (30.35%), Phosphorus: 280.5mg (28.05%), Vitamin A: 1320.05IU (26.4%), Vitamin B6: 0.52mg (26.07%), Potassium: 892.48mg (25.5%), Iron: 4.5mg (25.01%), Vitamin K: 23.57µg (22.45%), Magnesium: 87.69mg (21.92%), Copper: 0.43mg (21.61%), Vitamin E: 2.82mg (18.77%), Zinc: 2.66mg (17.72%), Vitamin B5: 1.53mg (15.32%), Selenium: 9.23µg (13.18%), Vitamin B3: 2.28mg (11.39%), Vitamin B2: 0.17mg (9.83%), Calcium: 95.75mg (9.57%)