

Lemon Lentil Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup carrots chopped
- ☐ 1 teaspoon chili powder to taste
- ☐ 0.5 cup green beans fresh chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon mustard seeds
- ☐ 1 pinch salt to taste
- ☐ 1 tablespoon vegetable oil
- ☐ 3 cups water

☐ 1 cup rice long grain white

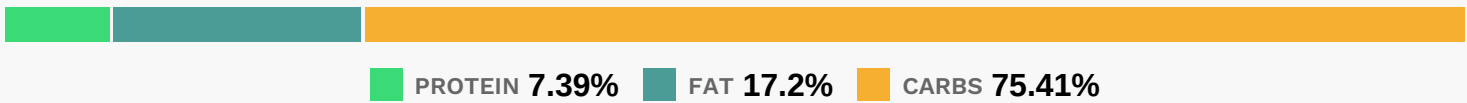
Equipment

☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan over medium-high heat.
- ☐ Add the mustard seeds, and cook until they pop. Once the seeds have popped like popcorn, add the carrot and green beans.
- ☐ Sautee them for about 2 minutes, just to mingle the flavors.
- ☐ Pour in the water, and add the rice and lentils. Reduce the heat to low, cover, and simmer for 20 minutes, or until rice and lentils are tender. Stir in the lemon juice, and season with salt and chili powder.
- ☐ Let stand covered for 5 or 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:23.03, Inflammation Score:-9, Nutrition Score:8.8586956210758%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 218.27kcal (10.91%), Fat: 4.15g (6.39%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 40.98g (13.66%), Net Carbohydrates: 39.25g (14.27%), Sugar: 1.73g (1.93%), Cholesterol: 0mg (0%), Sodium: 41.19mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Vitamin A: 2917.23IU (58.34%), Manganese: 0.58mg (29.22%), Vitamin K: 14.89µg (14.18%), Selenium: 8.76µg (12.51%), Vitamin C: 8.58mg (10.4%), Copper: 0.16mg (7.96%), Phosphorus: 72.94mg (7.29%), Fiber: 1.73g (6.93%), Vitamin B6: 0.14mg (6.89%), Magnesium: 23.13mg (5.78%), Vitamin B5: 0.57mg (5.74%), Vitamin B3: 1.11mg (5.53%), Vitamin E: 0.74mg (4.95%), Potassium: 164.39mg

(4.7%), Zinc: 0.67mg (4.45%), Vitamin B1: 0.07mg (4.34%), Iron: 0.73mg (4.05%), Folate: 15.68µg (3.92%), Calcium: 33.21mg (3.32%), Vitamin B2: 0.06mg (3.25%)