



Lemony Lentils

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups brown lentils yellow rinsed for debris and
- 2 tablespoons butter
- 4 cups chicken broth
- 1 tablespoon ginger fresh minced
- 3 cloves garlic minced
- 0.3 cup juice of lemon
- 1 peel from lemon yellow grated (part only)
- 6 servings cilantro and lemon wedges chopped

6 servings salt and pepper

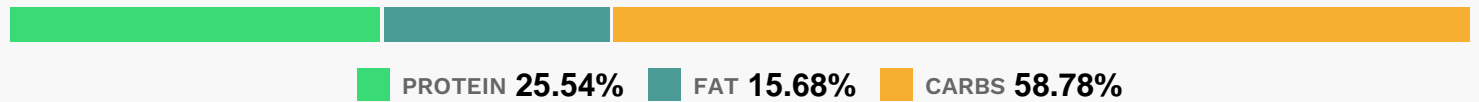
Equipment

frying pan

Directions

- Melt butter in a 3-quart pan over medium-high heat.
- Add garlic and stir until just beginning to brown, about 1 minute.
- Add lentils and stir to coat with butter, then add broth. Simmer, covered, until lentils are tender but not mushy, 20 to 30 minutes. They will thicken as they cool.
- Stir in ginger, lemon peel, juice, and salt and pepper to taste.
- Serve with chopped cilantro and lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:4.84, Inflammation Score:-7, Nutrition Score:20.543043535689%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 274.95kcal (13.75%), Fat: 4.84g (7.44%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 40.8g (13.6%), Net Carbohydrates: 21.06g (7.66%), Sugar: 2.33g (2.59%), Cholesterol: 13.17mg (4.39%), Sodium: 809.46mg (35.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.73g (35.47%), Fiber: 19.74g (78.96%), Folate: 309.15µg (77.29%), Manganese: 0.95mg (47.65%), Vitamin B1: 0.6mg (39.91%), Phosphorus: 299.81mg (29.98%), Iron: 4.99mg (27.74%), Zinc: 3.2mg (21.35%), Magnesium: 81.46mg (20.37%), Potassium: 664.87mg (19%), Vitamin B6: 0.37mg (18.67%), Copper: 0.37mg (18.29%), Vitamin B5: 1.42mg (14.19%), Vitamin B2: 0.23mg (13.74%), Vitamin C: 9.1mg (11.03%), Vitamin B3: 2.05mg (10.23%), Selenium: 6.23µg (8.9%), Calcium: 48.46mg (4.85%), Vitamin E: 0.51mg

(3.39%), Vitamin K: 3.55 μ g (3.38%), Vitamin A: 146.18IU (2.92%)