



 **73%**
HEALTH SCORE

Lentil and Mixed-Vegetable Casserole



Gluten Free



Dairy Free



Very Healthy

READY IN



155 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups lentils dried rinsed
- 29 ounces vegetable stock ready-to-serve canned
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 16 ounces broccoli frozen thawed drained
- 10.8 ounces cream of mushroom soup canned

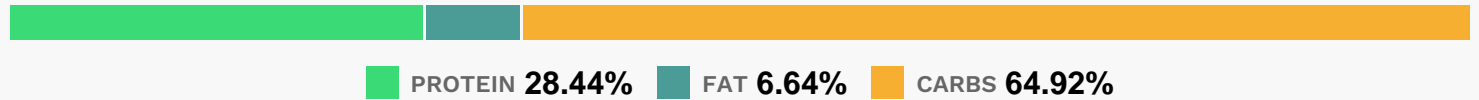
Equipment

- slow cooker

Directions

- Mix lentils, broth, salt and pepper in 3 1/2- to 6-quart slow cooker.
- Cover and cook on low heat setting 2 to 2 1/2 hours or until lentils are tender.
- Stir in vegetables and soup.
- Cover and cook on low heat setting about 30 minutes or until vegetable are tender.

Nutrition Facts



Properties

Glycemic Index:16.7, Glycemic Load:4.83, Inflammation Score:-8, Nutrition Score:23.417391341666%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 217.25kcal (10.86%), Fat: 1.63g (2.52%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 19.73g (7.18%), Sugar: 2.81g (3.12%), Cholesterol: 1.9mg (0.63%), Sodium: 848.1mg (36.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.48%), Folate: 268.32µg (67.08%), Fiber: 16.21g (64.82%), Vitamin C: 52.69mg (63.86%), Vitamin K: 60.34µg (57.46%), Manganese: 0.88mg (44%), Vitamin B1: 0.47mg (31.13%), Phosphorus: 265.05mg (26.5%), Iron: 4.31mg (23.93%), Zinc: 2.95mg (19.65%), Potassium: 686.43mg (19.61%), Vitamin B6: 0.37mg (18.69%), Magnesium: 73.24mg (18.31%), Copper: 0.35mg (17.7%), Vitamin B5: 1.43mg (14.25%), Vitamin A: 591.19IU (11.82%), Vitamin B2: 0.19mg (11.21%), Vitamin B3: 1.96mg (9.78%), Selenium: 5.4µg (7.72%), Calcium: 55.42mg (5.54%), Vitamin E: 0.68mg (4.52%), Vitamin B12: 0.06µg (1.02%)