



Lentil and Rice Pilaf



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup brown lentils green french hulled rinsed (see note above)
- ☐ 1 teaspoon garlic minced
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 cup olive oil
- ☐ 2 cups onion finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.8 cup rice long-grain white

☐ 6 servings yogurt

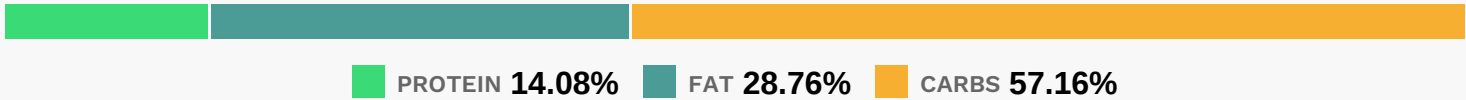
Equipment

☐ frying pan

Directions

- ☐ In a 3-quart pan over high heat, bring lentils and 2 1/2 cups water to a boil. Cover and simmer until tender to bite, 20 to 25 minutes.
- ☐ Drain.
- ☐ Meanwhile, add oil, onions, and garlic to a 12-inch frying pan over medium heat; stir often until onions are golden, 15 to 18 minutes.
- ☐ Add rice, salt, cumin, and pepper; stir until rice looks opaque, about 3 minutes.
- ☐ Stir in lentils and 2 more cups water. Bring to a boil over high heat; reduce heat, cover, and simmer, stirring occasionally, until rice is tender to bite and liquid is absorbed, 13 to 15 minutes.
- ☐ Serve with yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:14.64, Inflammation Score:-6, Nutrition Score:13.283478174764%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 300.97kcal (15.05%), Fat: 9.64g (14.83%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 32.08g (11.66%), Sugar: 3g (3.33%), Cholesterol: 0.13mg (0.04%), Sodium: 393.97mg (17.13%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.24%), Fiber: 11.05g (44.18%), Folate: 165.4µg (41.35%), Manganese: 0.79mg (39.25%), Vitamin B1: 0.32mg (21.54%), Phosphorus: 189.61mg (18.96%), Iron: 2.95mg (16.41%), Vitamin B6: 0.28mg (14.14%), Magnesium: 51.61mg (12.9%), Zinc: 1.9mg (12.66%), Copper: 0.24mg (12.2%), Potassium: 420.47mg (12.01%), Vitamin E: 1.5mg (10%), Vitamin B5: 0.99mg (9.94%), Selenium: 6.53µg (9.33%), Vitamin K: 7.55µg (7.19%), Vitamin C: 5.53mg (6.71%), Vitamin B3: 1.28mg (6.42%), Vitamin B2: 0.1mg (5.67%), Calcium: 42.17mg (4.22%)