






 54%
HEALTH SCORE

Lentil and Split Pea Dip with Roasted Garlic Naan

 Vegetarian  Vegan  Dairy Free

READY IN

60 min.

SERVINGS

6

CALORIES

692 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pinch cayenne pepper
- 1 teaspoon chili powder
- 1 cup lentils dried picked over
- 1 cup cilantro leaves fresh packed ()
- 0.3 cup parsley leaves fresh chopped
- 2 tablespoons garlic chopped
- 1 teaspoon ground cumin

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- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest
- 4 pieces naan breads
- 0.3 cup olive oil extra-virgin
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- 1 cup onion red chopped
- 1 head roasted garlic
- 6 servings salt and pepper black freshly ground
- 1 cup peas split picked over
- 2 teaspoons turmeric

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- pot

Directions

- Preheat oven to 400 degrees F.
- Squeeze pulp from head of roasted garlic into a small food processor.
- Add oil, cumin, cayenne, lemon zest, and salt and pepper and process until smooth.
- Spread garlic mixture evenly over the naan, place on a baking sheet, and bake until just heated through and slightly crispy, about 5 minutes.
- Remove from the oven and sprinkle with cilantro or parsley.
- Cut into pieces and serve warm with the Lentil and Split Pea Dip.

- Cook lentils and split peas in large pot of boiling salted water until very tender, about 35 minutes.
- Drain.
- Heat 1/3 cup oil in heavy large skillet over medium heat.
- Add onion and garlic and saute until onion is soft.
- Add turmeric and cumin and cook 30 seconds.
- Transfer mixture to a food processor.
- Add cooked lentils and split peas, cilantro, lemon juice, chili powder and remaining 3 tablespoons oil. Process until smooth. Season generously with salt and pepper.
- Transfer to a medium bowl.

Nutrition Facts

PROTEIN 13.84% **FAT 37.18%** **CARBS 48.98%**

Properties

Glycemic Index:42.43, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:25.145652066106%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 691.93kcal (34.6%), Fat: 28.7g (44.16%), Saturated Fat: 4.39g (27.46%), Carbohydrates: 85.08g (28.36%), Net Carbohydrates: 64.42g (23.43%), Sugar: 7.38g (8.2%), Cholesterol: 6.61mg (2.2%), Sodium: 584.31mg (25.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.05g (48.1%), Fiber: 20.66g (82.65%), Vitamin K: 69.17µg (65.88%), Folate: 255.51µg (63.88%), Manganese: 1.16mg (57.98%), Vitamin B1: 0.56mg (37.22%), Iron: 5.38mg (29.9%), Phosphorus: 294.6mg (29.46%), Copper: 0.51mg (25.55%), Vitamin E: 3.5mg (23.35%), Magnesium: 89.23mg (22.31%), Potassium: 772.55mg (22.07%), Vitamin B6: 0.39mg (19.3%), Zinc: 2.78mg (18.56%), Vitamin C: 12.94mg (15.68%), Vitamin B5: 1.38mg (13.76%), Calcium: 126.17mg (12.62%), Vitamin A: 572.62IU (11.45%), Vitamin B3: 2.05mg (10.27%), Vitamin B2: 0.17mg (9.97%), Selenium: 4.55µg (6.49%)