



## Lentil and Sweet Potato Curry

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons curry powder
- 13 oz lentils dried
- 1.5 quarts fat-skimmed chicken broth
- 6 servings mint leaves fresh chopped
- 2 teaspoons garlic minced
- 1 tablespoon ground cumin
- 8 oz onion peeled chopped
- 0.3 teaspoon pepper

- 1 tablespoon salad oil
- 1 teaspoon salt
- 2 pounds yams diced peeled ()

## Equipment

- frying pan

## Directions

- In a 5- to 6-quart pan over medium heat, stir onion and garlic in oil often until onion is limp, about 5 minutes.
- Meanwhile, sort lentils and discard debris, then rinse and drain lentils.
- Add lentils, sweet potatoes, curry powder, cumin, 1 teaspoon salt, 1/4 teaspoon pepper, and broth to onion mixture. Bring to a boil over high heat; reduce heat, cover, and simmer until lentils are tender to bite and sweet potatoes are tender when pierced, 25 to 30 minutes.
- Add more salt and pepper to taste.
- Garnish with chopped mint.

## Nutrition Facts



**PROTEIN 19.9%** **FAT 8.79%** **CARBS 71.31%**

## Properties

Glycemic Index:30.27, Glycemic Load:20.41, Inflammation Score:-10, Nutrition Score:33.836521791375%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg Gallic acid: 0.09mg, Gallic acid: 0.09mg, Gallic acid: 0.09mg, Gallic acid: 0.09mg

## Nutrients (% of daily need)

Calories: 404.72kcal (20.24%), Fat: 4.02g (6.18%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 73.32g (24.44%), Net Carbohydrates: 48.52g (17.64%), Sugar: 9.61g (10.68%), Cholesterol: 0mg (0%), Sodium: 1446.8mg (62.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.46g (40.91%), Vitamin A: 21550.54IU (431.01%), Fiber: 24.8g (99.22%), Folate: 324.76µg (81.19%), Manganese: 1.44mg (72.05%), Vitamin B1: 0.7mg (46.82%), Iron: 7.3mg (40.55%), Phosphorus: 399.43mg (39.94%), Vitamin B6: 0.77mg (38.37%), Potassium: 1281.93mg (36.63%), Magnesium: 128.82mg (32.21%), Copper: 0.64mg (31.97%), Vitamin B5: 2.87mg (28.65%), Zinc: 3.65mg (24.37%), Vitamin B3: 3.95mg (19.73%), Vitamin B2: 0.29mg (17.32%), Selenium: 11.94µg (17.06%), Vitamin C: 10.06mg (12.2%), Calcium: 121.63mg (12.16%), Vitamin E: 1.58mg (10.57%), Vitamin K: 9.81µg (9.34%), Vitamin B12: 0.47µg (7.89%)