



WHATSheATE

Lentil Dal Wraps



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup julienne-cut cucumber
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 cup lentils dried red

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups vidalia sweet vertically sliced
- ☐ 2 cups water divided
- ☐ 5.6 ounce flatbreads (such as Flatout)

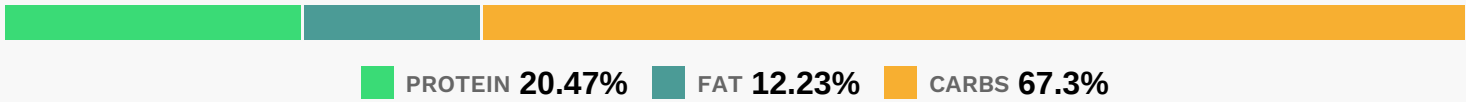
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add onion; cook 5 minutes or until tender, stirring occasionally.
- ☐ Add lentils, ginger, pepper, and cinnamon; cook 10 minutes, stirring occasionally. Stir in 1 cup water and broth; bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Add remaining 1 cup water and juice, and cook 30 minutes or until thick, stirring occasionally. Stir in salt.
- ☐ Remove cinnamon stick; cool lentil mixture completely.
- ☐ Spread about 1/2 cup mixture over each flatbread.
- ☐ Spread 1 tablespoon yogurt over each serving; divide cucumber evenly among flatbreads.
- ☐ Roll up. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:3.58, Inflammation Score:-8, Nutrition Score:24.256521681081%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin:

0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 347.07kcal (17.35%), Fat: 4.86g (7.47%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 60.15g (20.05%), Net Carbohydrates: 41.69g (15.16%), Sugar: 7.82g (8.69%), Cholesterol: 0.31mg (0.1%), Sodium: 719.62mg (31.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.3g (36.6%), Manganese: 1.57mg (78.47%), Fiber: 18.46g (73.83%), Folate: 268.35µg (67.09%), Vitamin B1: 0.61mg (40.34%), Phosphorus: 345.28mg (34.53%), Selenium: 23.73µg (33.91%), Iron: 5.28mg (29.36%), Magnesium: 101.61mg (25.4%), Vitamin B6: 0.5mg (25.12%), Copper: 0.46mg (23.11%), Zinc: 3.23mg (21.55%), Potassium: 719.08mg (20.55%), Vitamin B5: 1.66mg (16.57%), Vitamin B3: 2.87mg (14.35%), Vitamin B2: 0.2mg (11.99%), Vitamin C: 8.92mg (10.81%), Vitamin K: 11.08µg (10.56%), Calcium: 97.43mg (9.74%), Vitamin E: 0.86mg (5.72%), Vitamin B12: 0.21µg (3.45%), Vitamin A: 72.54IU (1.45%)