



Lentil & lemon fettuccine

READY IN



55 min.

SERVINGS



4

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 140 g brown lentils
- ☐ 300 g fettuccine barilla dried
- ☐ 50 g butter
- ☐ 1 medium onion chopped
- ☐ 3 garlic cloves chopped
- ☐ 1 lemon zest
- ☐ 1 large handful coriander roughly chopped
- ☐ 150 g greek yogurt

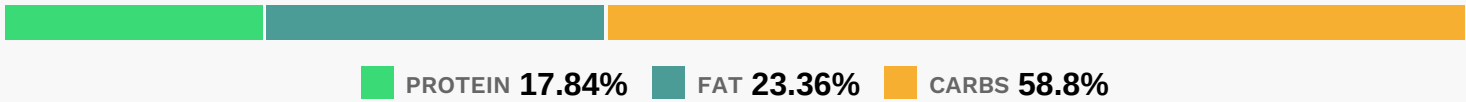
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Rinse the lentils in a sieve and place in a medium saucepan. Cover with plenty of water and bring to the boil, then simmer for about 30 mins until tender, adding salt to taste 10 mins into cooking time.
- ☐ Drain thoroughly and keep warm.
- ☐ Cook the pasta, then drain and return to the pan. Meanwhile, melt the butter in a frying pan over a medium heat and add the onion. Cook until lightly golden, then add the garlic and cook until fragrant. Stir the lentils, onion and garlic, lemon zest and juice, coriander and yogurt through the cooked pasta. Finish with plenty of freshly ground black pepper and serve on warm plates.

Nutrition Facts



Properties

Glycemic Index:51.9, Glycemic Load:25.76, Inflammation Score:-7, Nutrition Score:24.118260922639%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 539.34kcal (26.97%), Fat: 14.03g (21.58%), Saturated Fat: 7.42g (46.37%), Carbohydrates: 79.44g (26.48%), Net Carbohydrates: 65.59g (23.85%), Sugar: 4.61g (5.13%), Cholesterol: 91.75mg (30.58%), Sodium: 113.76mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.22%), Selenium: 66.32µg (94.74%),

Manganese: 1.19mg (59.37%), Fiber: 13.85g (55.41%), Folate: 198.51µg (49.63%), Phosphorus: 404.68mg (40.47%), Vitamin B1: 0.46mg (30.71%), Magnesium: 94.37mg (23.59%), Iron: 4.22mg (23.44%), Zinc: 3.4mg (22.7%), Vitamin B6: 0.44mg (22.02%), Copper: 0.43mg (21.59%), Potassium: 629.91mg (18%), Vitamin B5: 1.63mg (16.29%), Vitamin B2: 0.26mg (15.51%), Vitamin B3: 2.64mg (13.18%), Calcium: 103.55mg (10.36%), Vitamin A: 443.01IU (8.86%), Vitamin B12: 0.5µg (8.35%), Vitamin C: 6.48mg (7.86%), Vitamin K: 6.25µg (5.95%), Vitamin E: 0.78mg (5.19%), Vitamin D: 0.22µg (1.5%)