



Lentil Potato Dal with Lemon-Cilantro Rice



Vegetarian



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 medium baking potatoes peeled cut into 1/2-inch pieces
- ☐ 1 teaspoon cumin seeds
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 0.5 cup parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon ground coriander seeds
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon ground turmeric

- ☐ 1 tablespoon butter light
- ☐ 0.5 teaspoon mustard seeds
- ☐ 1 cup onion chopped 1 small
- ☐ 1 cup lentils dried red
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 servings lemon-cilantro rice
- ☐ 1.3 teaspoons salt
- ☐ 3 medium tomatoes seeded chopped
- ☐ 3 cups water

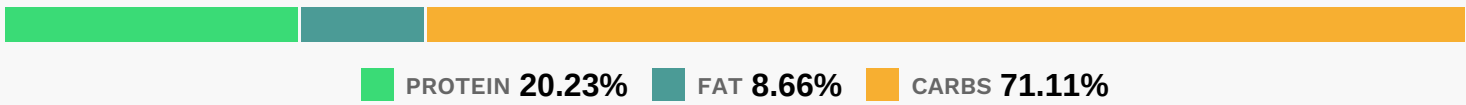
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add onion; saut 3 minutes. Stir in garlic and ginger; saut 1 minute.
- ☐ Add salt and next 5 ingredients; cook 1 minute.
- ☐ Add water, scraping pan to loosen browned bits. Stir in tomato, potato, and lentils. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until potato mixture is tender.
- ☐ Stir parsley and vinegar into potato mixture.
- ☐ Serve over Lemon-Cilantro Rice.

Nutrition Facts



Properties

Glycemic Index:59.09, Glycemic Load:14.36, Inflammation Score:-10, Nutrition Score:21.019130311096%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg 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: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 217.21kcal (10.86%), Fat: 2.14g (3.29%), Saturated Fat: 0.94g (5.84%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 27.16g (9.88%), Sugar: 3.97g (4.41%), Cholesterol: 2.47mg (0.82%), Sodium: 505.39mg (21.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.48%), Vitamin K: 90.13µg (85.84%), Fiber: 12.35g (49.38%), Folate: 186.06µg (46.52%), Manganese: 0.75mg (37.41%), Vitamin C: 23.44mg (28.41%), Vitamin B6: 0.54mg (27.12%), Vitamin B1: 0.39mg (25.83%), Potassium: 851.79mg (24.34%), Iron: 4.07mg (22.63%), Phosphorus: 220.12mg (22.01%), Vitamin A: 1026IU (20.52%), Magnesium: 73.53mg (18.38%), Copper: 0.33mg (16.62%), Zinc: 2.05mg (13.69%), Vitamin B3: 2.12mg (10.62%), Vitamin B5: 1.03mg (10.32%), Vitamin B2: 0.12mg (7.25%), Calcium: 61.37mg (6.14%), Selenium: 4.15µg (5.93%), Vitamin E: 0.64mg (4.27%)