



Lentil Puree

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 3 cups chicken broth
- ☐ 6 servings rice hot cooked
- ☐ 1 teaspoon ginger fresh grated
- ☐ 0.5 teaspoon garam masala
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 large onion chopped

- ☐ 8 ounces lentils dried red
- ☐ 0.5 teaspoon salt

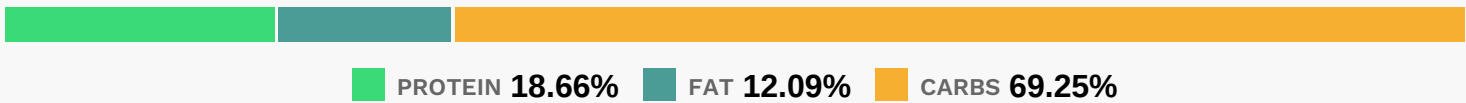
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat; add onion, garlic, and ginger.
- ☐ Saute until golden. Stir in turmeric and lentils; cook, stirring occasionally, 1 to 2 minutes.
- ☐ Stir in broth, and bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in salt and garam masala; cover and simmer, stirring occasionally, 15 minutes or until lentils are tender and mixture is thickened.
- ☐ Serve with hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:35.1, Glycemic Load:27.28, Inflammation Score:-9, Nutrition Score:15.053043450998%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 281.36kcal (14.07%), Fat: 3.76g (5.78%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 48.42g (16.14%), Net Carbohydrates: 36.06g (13.11%), Sugar: 2.39g (2.66%), Cholesterol: 2.35mg (0.78%), Sodium: 667.17mg (29.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.05g (26.1%), Manganese: 0.99mg (49.65%), Fiber: 12.36g (49.46%), Folate: 188.35µg (47.09%), Vitamin B1: 0.38mg (25.64%), Phosphorus: 219.29mg (21.93%), Iron: 3.23mg (17.96%), Vitamin B6: 0.32mg (16.19%), Zinc: 2.34mg (15.59%), Magnesium: 60.1mg (15.02%), Copper: 0.28mg (14.15%), Selenium: 9.81µg (14.01%), Potassium: 457.4mg (13.07%), Vitamin B5: 1.17mg (11.68%), Vitamin B2: 0.17mg (9.94%), Vitamin B3: 1.61mg (8.03%), Vitamin C: 3.89mg (4.72%), Calcium: 42.86mg (4.29%), Vitamin A: 142.88IU

(2.86%), Vitamin E: 0.38mg (2.56%), Vitamin K: 2.03μg (1.93%)