



Lentil Spread



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



75 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup chicken broth
- ☐ 0.3 cup lentils dried
- ☐ 1 to 2 garlic cloves pressed
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon sesame oil

Equipment

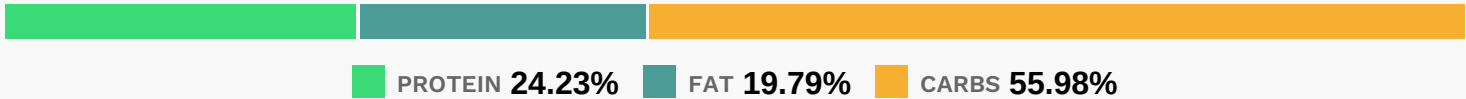
- ☐ food processor

☐ sauce pan

Directions

- ☐ Bring lentils and chicken broth to a boil in a small saucepan; partially cover, reduce heat, and simmer 20 minutes or until tender.
- ☐ Drain.
- ☐ Process lentils, lemon juice, and next 3 ingredients in a food processor until smooth, stopping to scrape down sides. Chill up to 3 days, if desired.
- ☐ Sprinkle top of spread with toasted sesame seeds, if desired.
- ☐ Serve with crackers or raw vegetables.

Nutrition Facts



Properties

Glycemic Index:28.87, Glycemic Load:1.27, Inflammation Score:-3, Nutrition Score:5.4604347769333%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 74.91kcal (3.75%), Fat: 1.67g (2.57%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 5.68g (2.07%), Sugar: 0.73g (0.81%), Cholesterol: 1.17mg (0.39%), Sodium: 219.19mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Fiber: 4.96g (19.85%), Folate: 77.85µg (19.46%), Manganese: 0.26mg (13.02%), Vitamin B1: 0.16mg (10.38%), Phosphorus: 76.93mg (7.69%), Iron: 1.28mg (7.12%), Zinc: 0.82mg (5.49%), Vitamin B6: 0.11mg (5.26%), Magnesium: 20.91mg (5.23%), Potassium: 175.89mg (5.03%), Copper: 0.1mg (4.81%), Vitamin B2: 0.07mg (4.22%), Vitamin C: 3.08mg (3.73%), Vitamin B5: 0.36mg (3.6%), Vitamin B3: 0.57mg (2.86%), Selenium: 1.72µg (2.46%), Vitamin A: 77.15IU (1.54%), Calcium: 13.67mg (1.37%), Vitamin E: 0.18mg (1.19%), Vitamin K: 1.13µg (1.08%)