



## Lentils and Brown Rice Pilaf

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup brown rice uncooked
- 0.5 cup lentils dried
- 0.5 cup parsley fresh chopped
- 4 garlic cloves minced
- 0.8 cup bell pepper green chopped
- 1.5 tablespoons juice of lime fresh
- 1.5 tablespoons soya sauce low-sodium

- 8 ounce mushrooms quartered
- 2 tablespoons olive oil
- 0.8 cup bell pepper red chopped
- 0.8 teaspoon salt
- 2.5 cups water
- 1 tablespoon worcestershire sauce
- 2 cups onion yellow chopped

## Equipment

- frying pan
- sauce pan

## Directions

- Bring water to a boil in a saucepan.
- Add lentils and rice; return to a boil. Cover, reduce heat, and simmer 25 minutes or until rice is tender and liquid is almost absorbed.
- Remove from heat; let stand 5 minutes or until liquid is absorbed.
- Coat a large nonstick skillet with cooking spray; add oil, and place over medium-high heat.
- Add onion and bell peppers; saut 2 minutes or until lightly browned.
- Add mushrooms and garlic; saut 4 minutes or until tender.
- Add vegetables and remaining ingredients to lentils and rice.
- Let stand 15 minutes for flavors to blend.
- carbo rating: 38

## Nutrition Facts



**PROTEIN 15.34%** **FAT 23.91%** **CARBS 60.75%**

## Properties

Glycemic Index:69.59, Glycemic Load:14.76, Inflammation Score:-9, Nutrition Score:29.819565363552%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 17.02mg, Quercetin: 17.02mg, Quercetin: 17.02mg, Quercetin: 17.02mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 305.48kcal (15.27%), Fat: 8.4g (12.92%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 47.98g (15.99%), Net Carbohydrates: 36.46g (13.26%), Sugar: 7.49g (8.32%), Cholesterol: 0mg (0%), Sodium: 730.04mg (31.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.23%), Vitamin K: 132.5µg (126.19%), Vitamin C: 79.54mg (96.41%), Manganese: 1.51mg (75.45%), Fiber: 11.52g (46.09%), Folate: 175.25µg (43.81%), Vitamin A: 1627.98IU (32.56%), Vitamin B6: 0.61mg (30.27%), Vitamin B1: 0.44mg (29.38%), Phosphorus: 278.19mg (27.82%), Copper: 0.48mg (24.19%), Magnesium: 93.84mg (23.46%), Potassium: 814.89mg (23.28%), Vitamin B3: 4.42mg (22.11%), Vitamin B2: 0.37mg (21.98%), Iron: 3.79mg (21.03%), Vitamin B5: 2.01mg (20.07%), Zinc: 2.36mg (15.71%), Vitamin E: 1.79mg (11.95%), Selenium: 8.19µg (11.7%), Calcium: 74.37mg (7.44%)