



Lentils and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce lentils drained and rinsed canned
- ☐ 3 cups rice cooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 onion red thinly sliced
- ☐ 4 servings coconut rice with winter squash

- ☐ 2 scallions thinly sliced
- ☐ 1 tomatoes chopped

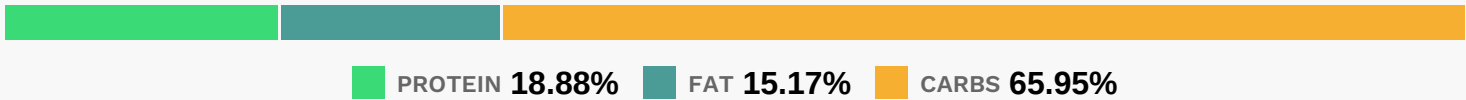
Equipment

- ☐ sauce pan

Directions

- ☐ Mix rice with scallions. Set aside. In a saucepan over medium heat, saute 1
- ☐ red onion in olive oil for 3 minutes.
- ☐ Add lentils, tomato, and salt and cook until heated through, about 2 minutes.
- ☐ Remove from heat and stir in lemon juice and parsley.
- ☐ Serve over the rice.

Nutrition Facts



Properties

Glycemic Index:66.92, Glycemic Load:44.59, Inflammation Score:-9, Nutrition Score:31.003043319868%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 483.65kcal (24.18%), Fat: 8.28g (12.74%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 81g (27%), Net Carbohydrates: 62.58g (22.76%), Sugar: 6.15g (6.83%), Cholesterol: 0mg (0%), Sodium: 592.72mg (25.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.37%), Folate: 408.8µg (102.2%), Manganese: 1.7mg (84.99%), Vitamin K: 84.3µg (80.28%), Fiber: 18.42g (73.67%), Phosphorus: 454.05mg (45.41%), Iron: 7.83mg (43.52%), Copper: 0.66mg (32.83%), Potassium: 983.98mg (28.11%), Vitamin B6: 0.56mg (27.83%), Vitamin B1: 0.42mg (27.7%), Magnesium: 100.55mg (25.14%), Zinc: 3.45mg (22.99%), Selenium: 15.03µg (21.47%), Vitamin C:

17.21mg (20.87%), Vitamin B5: 1.91mg (19.08%), Vitamin B3: 3.04mg (15.19%), Vitamin A: 755.95IU (15.12%), Vitamin B2: 0.19mg (11.36%), Vitamin E: 1.54mg (10.28%), Calcium: 72.28mg (7.23%)