



HEALTH SCORE

79%

Lentils and Rice with Fried Onions (Mujadarrah)



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups green lentils uncooked
- ☐ 6 tablespoons olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 1 large onion white sliced into rings
- ☐ 0.8 cup rice long-grain white uncooked

Equipment

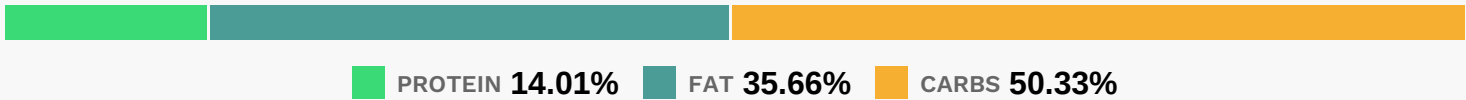
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Heat the olive oil in a large skillet over medium heat. Stir in the onions, and cook about 10 minutes, until browned.
- ☐ Remove from heat, and set aside.
- ☐ Place lentils in a medium saucepan with enough lightly salted water to cover. Bring to a boil, reduce heat, and simmer about 15 minutes.
- ☐ Stir rice and enough water to cover into the saucepan with the lentils. Season with salt and pepper. Cover saucepan, and continue to simmer 15 to 20 minutes, until rice and lentils are tender.
- ☐ Mix half the onions into the lentil mixture. Top with yogurt or sour cream and remaining onions to serve.

Nutrition Facts



Properties

Glycemic Index:28.2, Glycemic Load:22.12, Inflammation Score:-7, Nutrition Score:23.605652156083%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 553.17kcal (27.66%), Fat: 21.94g (33.76%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 69.69g (23.23%), Net Carbohydrates: 49.08g (17.85%), Sugar: 2.93g (3.26%), Cholesterol: 0mg (0%), Sodium: 201.28mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Fiber: 20.61g (82.43%), Folate: 316.46µg (79.11%), Manganese: 1.28mg (63.87%), Vitamin B1: 0.6mg (40.02%), Phosphorus: 339.41mg (33.94%), Iron: 5.3mg (29.45%), Zinc: 3.5mg (23.34%), Magnesium: 90.51mg (22.63%), Vitamin E: 3.38mg (22.56%), Vitamin B6: 0.45mg (22.37%), Copper: 0.42mg (21.16%), Potassium: 706.09mg (20.17%), Vitamin B5: 1.77mg (17.67%), Selenium: 10.74µg (15.34%), Vitamin K: 16.03µg (15.26%), Vitamin B3: 2.27mg (11.33%), Vitamin B2: 0.16mg (9.54%), Vitamin C: 5.59mg

(6.78%), Calcium: 54.51mg (5.45%)