



Lentils and Rice with TVP



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black to taste
- ☐ 1 cup brown lentils
- ☐ 4.5 teaspoons chicken soup base
- ☐ 1 teaspoon curry powder
- ☐ 2 tablespoons parsley flakes dried
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 teaspoons olive oil
- ☐ 1 medium onion chopped

- ☐ 0.5 cup texturized vegetable protein TVP
- ☐ 2.5 cups water
- ☐ 1 cup rice long grain white

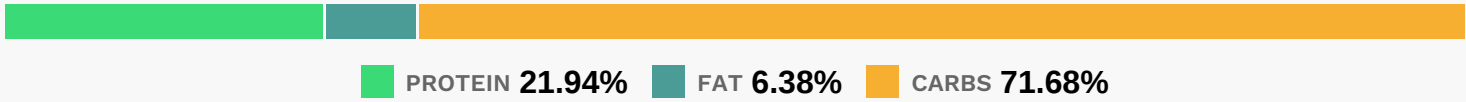
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine lentils with 3 cups of water in a large saucepan and bring to a boil. Once boiling, reduce heat to medium-low, and simmer uncovered for 10 minutes. Meanwhile, heat the olive oil in a skillet over medium heat. Stir in the onion, and cook until the onion has softened and turned translucent, about 5 minutes.
- ☐ Once the lentils have simmered for 10 minutes, stir in the cooked onion along with the rice, TVP, chicken bouillon, curry powder, cumin, parsley flakes, and 2 1/2 cups of water. Return to a boil over high heat, then remove from the heat, cover, and let stand for 20 minutes. Do not remove the lid during this time. After 20 minutes, remove the lid and stir before serving.

Nutrition Facts



Properties

Glycemic Index:25.8, Glycemic Load:17.57, Inflammation Score:-6, Nutrition Score:14.0791303496%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Apigenin: 30.03mg, Apigenin: 30.03mg, Apigenin: 30.03mg, Apigenin: 30.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 275.09kcal (13.75%), Fat: 1.93g (2.97%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 48.78g (16.26%), Net Carbohydrates: 36.72g (13.35%), Sugar: 2.72g (3.03%), Cholesterol: 0.19mg (0.06%), Sodium: 371.68mg

(16.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.93g (29.86%), Fiber: 12.07g (48.27%), Manganese: 0.89mg (44.53%), Folate: 161.47µg (40.37%), Iron: 4.03mg (22.39%), Vitamin B1: 0.32mg (21.02%), Phosphorus: 193.48mg (19.35%), Magnesium: 55.31mg (13.83%), Copper: 0.27mg (13.45%), Zinc: 1.98mg (13.17%), Vitamin B6: 0.26mg (12.92%), Potassium: 402.79mg (11.51%), Selenium: 8µg (11.42%), Vitamin K: 11.88µg (11.32%), Vitamin B5: 1.04mg (10.37%), Calcium: 74.08mg (7.41%), Vitamin B3: 1.48mg (7.4%), Vitamin B2: 0.11mg (6.6%), Vitamin C: 3.68mg (4.46%), Vitamin E: 0.49mg (3.27%)