

Lentils And Spinach

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

65 min.

SERVINGS

servings

4

CALORIES

calories

162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 10 ounce pkt spinach frozen
- ☐ 2 cloves garlic crushed
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup lentils
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water

☐ 2 onions white halved sliced into 1/2 rings

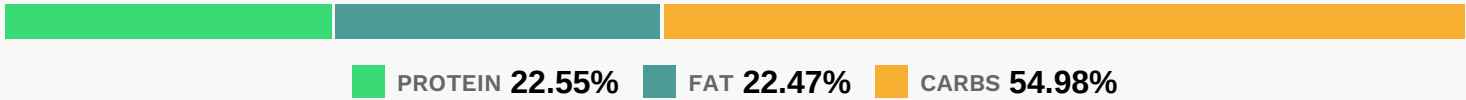
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Heat oil in a heavy pan over medium heat.
- ☐ Saute onion for 10 minutes or so, until it begins to turn golden.
- ☐ Add minced garlic and saute for another minute or so.
- ☐ Add lentils and water to the saucepan. Bring mixture to a boil. Cover, lower heat, and simmer about 35 minutes, until lentils are soft (this may take less time, depending on your water and the lentils).
- ☐ Meanwhile cook the spinach in microwave according to package directions.
- ☐ Add spinach, salt and cumin to the saucepan. Cover and simmer until all is heated, about ten minutes. Grind in plenty of pepper and press in extra garlic to taste.

Nutrition Facts



Properties

Glycemic Index:29.65, Glycemic Load:3.04, Inflammation Score:-10, Nutrition Score:24.367826047151%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 161.69kcal (8.08%), Fat: 4.24g (6.52%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 12.9g (4.69%), Sugar: 3.31g (3.67%), Cholesterol: 0mg (0%), Sodium: 644.49mg (28.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.13%), Vitamin K: 271.54µg (258.61%), Vitamin A: 8328.15IU (166.56%), Folate: 228.29µg (57.07%), Manganese: 0.95mg (47.25%), Fiber: 10.42g (41.68%), Magnesium: 91.51mg (22.88%), Vitamin B1: 0.31mg (20.51%), Iron: 3.64mg (20.21%), Vitamin B6: 0.34mg (16.93%), Vitamin E: 2.48mg (16.54%), Phosphorus: 163.87mg (16.39%), Potassium: 571.13mg (16.32%), Copper: 0.28mg (13.88%), Vitamin B2: 0.23mg (13.39%), Calcium: 129.24mg (12.92%), Vitamin C: 9.53mg (11.55%), Zinc: 1.69mg (11.29%), Selenium: 6.76µg (9.66%), Vitamin B5: 0.66mg (6.58%), Vitamin B3: 1.08mg (5.41%)