



Lentils and Sweet Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup apple juice



1 cup lentils dried



0.3 teaspoon ground cinnamon



0.8 cup sweet potatoes and into canned mashed



1.5 cups water

Equipment



food processor

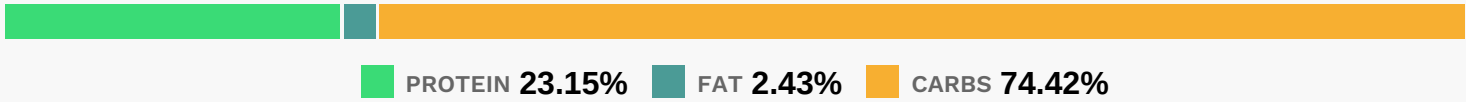


sauce pan

Directions

- ☐ Combine first 3 ingredients in a medium saucepan; bring to a boil.
- ☐ Add lentils; cook 35 minutes or until lentils are very tender.
- ☐ Drain; let cool completely.
- ☐ Place lentils in a food processor; process until smooth. Stir in Sweet Potato Puree.
- ☐ Lentil Pilaf with Sweet Potatoes variation: Stir 3/4 cup cooked brown or long-grain rice into lentils before processing. Proceed with the recipe as directed.

Nutrition Facts



Properties

Glycemic Index:17.59, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:22.371739045433%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 231.26kcal (11.56%), Fat: 0.63g (0.97%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 26.81g (9.75%), Sugar: 7.36g (8.18%), Cholesterol: 0mg (0%), Sodium: 27.47mg (1.19%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 13.48g (26.95%), Vitamin A: 10108.85IU (202.18%), Fiber: 16.5g (66%), Folate: 233.08µg (58.27%), Manganese: 0.94mg (47.2%), Vitamin B1: 0.48mg (32.12%), Phosphorus: 247.08mg (24.71%), Iron: 4.03mg (22.38%), Potassium: 739.62mg (21.13%), Vitamin B6: 0.42mg (20.76%), Magnesium: 75.25mg (18.81%), Copper: 0.35mg (17.6%), Zinc: 2.48mg (16.53%), Vitamin C: 12.69mg (15.38%), Vitamin B5: 1.51mg (15.07%), Vitamin B3: 2.06mg (10.28%), Vitamin B2: 0.16mg (9.54%), Selenium: 4.12µg (5.89%), Calcium: 53.22mg (5.32%), Vitamin E: 0.61mg (4.09%), Vitamin K: 3.65µg (3.47%)