

Lentils San Stefano

 Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 14 oz canned tomatoes whole finely chopped canned
- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 large garlic cloves finely chopped
- ☐ 4 slices bread italian toasted (1/ and 3 inches in diameter)
- ☐ 0.5 lb lentils french italian picked over ()
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion finely chopped

- ☐ 1 tablespoon oregano fresh finely chopped
- ☐ 0.5 cup fat fresh chopped (from butcher)
- ☐ 0.5 lb potatoes boiling peeled cut into 1/4-inch dice (2 medium)
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 turkish or
- ☐ 8 cups water cold

Equipment

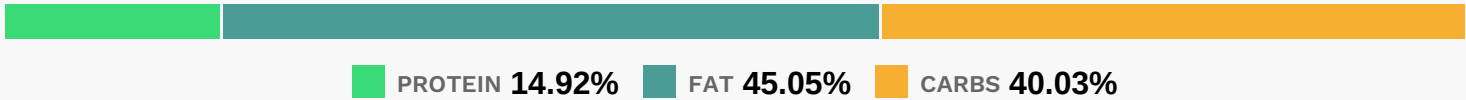
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bring 3 cups water and bay leaf to a boil in a 2- to 3-quart saucepan, then add lentils and simmer, uncovered, 2 minutes.
- ☐ Remove pan from heat and let lentils soak 1 hour.
- ☐ Drain lentils in a colander.
- ☐ Cook pork fat in a 6-quart heavy pot over moderate heat, stirring occasionally, until deep golden and some fat is rendered, 6 to 8 minutes, then discard solids. (If using bacon, transfer with a slotted spoon to paper towels to drain and reserve for garnish.)
- ☐ Add oil to fat in pot and heat over moderately high heat until hot but not smoking, then fry bread, turning once, until golden, about 1 minute total.
- ☐ Transfer toasts to paper towels to drain and lightly season with salt.
- ☐ Add potatoes to fat in pot and sauté, stirring, until golden, 7 to 8 minutes.
- ☐ Transfer with a slotted spoon to fresh paper towels to drain.

- ☐
- Add onion and garlic to pot and sauté, stirring, until golden, 6 to 8 minutes. Stir in lentils, tomatoes with their juice, sugar, salt, pepper, and remaining 5 cups water and simmer, uncovered, stirring occasionally, until lentils are just tender and stew is thickened, 40 to 45 minutes. Discard bay leaf and stir in potatoes, basil, oregano, and salt and pepper to taste. Thin stew with water if desired, then serve over toasts or with toasts on the side.
- ☐
- Sprinkle with bacon if using.
- ☐
- *Available at specialty foods shops and natural foods stores.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:1.67, Inflammation Score:-9, Nutrition Score:13.200434708077%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 604.31kcal (30.22%), Fat: 30.09g (46.29%), Saturated Fat: 9.28g (58.01%), Carbohydrates: 60.15g (20.05%), Net Carbohydrates: 39.51g (14.37%), Sugar: 10.75g (11.95%), Cholesterol: 19.52mg (6.51%), Sodium: 891.16mg (38.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.43g (44.86%), Fiber: 20.65g (82.59%), Iron: 5.92mg (32.88%), Vitamin K: 22.55µg (21.47%), Vitamin B3: 2.87mg (14.35%), Vitamin C: 11.26mg (13.65%), Manganese: 0.27mg (13.59%), Vitamin B6: 0.26mg (12.76%), Potassium: 444.58mg (12.7%), Vitamin E: 1.9mg (12.64%), Vitamin B1: 0.18mg (11.92%), Phosphorus: 100.86mg (10.09%), Copper: 0.2mg (10.04%), Selenium: 6.71µg (9.58%), Calcium: 92.53mg (9.25%), Folate: 34.05µg (8.51%), Magnesium: 33.09mg (8.27%), Zinc: 0.76mg (5.04%), Vitamin B2: 0.08mg (4.69%), Vitamin B5: 0.4mg (3.96%), Vitamin B12: 0.15µg (2.46%), Vitamin A: 119.1IU (2.38%)