

Lentils with Carrots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup brown lentils dried green black
- ☐ 1 tablespoon butter
- ☐ 3 cups carrots diced finely
- ☐ 0.3 cup onion fresh minced
- ☐ 0.5 teaspoon salt
- ☐ 3 cups water

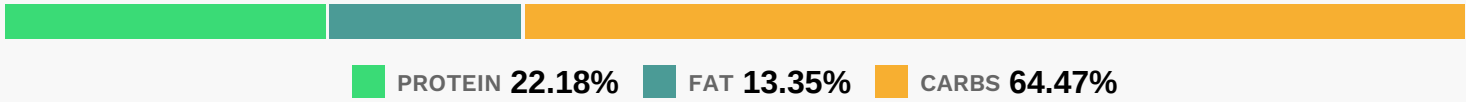
Equipment

☐ sauce pan

Directions

- ☐ Combine the first 6 ingredients in a saucepan; bring to a boil. Reduce heat, and simmer for 25 minutes.
- ☐ Drain. Stir in butter. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:24.74, Glycemic Load:4.5, Inflammation Score:-10, Nutrition Score:16.627826071628%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 158.65kcal (7.93%), Fat: 2.39g (3.68%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 14.32g (5.21%), Sugar: 3.97g (4.41%), Cholesterol: 5.02mg (1.67%), Sodium: 261.06mg (11.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.89%), Vitamin A: 10763.79IU (215.28%), Fiber: 11.67g (46.68%), Folate: 166.81µg (41.7%), Manganese: 0.53mg (26.38%), Vitamin B1: 0.32mg (21.65%), Phosphorus: 169.23mg (16.92%), Potassium: 520.82mg (14.88%), Iron: 2.63mg (14.6%), Vitamin B6: 0.27mg (13.47%), Magnesium: 48.64mg (12.16%), Zinc: 1.71mg (11.4%), Copper: 0.22mg (10.83%), Vitamin K: 10.24µg (9.75%), Vitamin B5: 0.87mg (8.7%), Vitamin B3: 1.47mg (7.36%), Vitamin C: 5.69mg (6.89%), Vitamin B2: 0.11mg (6.31%), Calcium: 44.94mg (4.49%), Vitamin E: 0.63mg (4.23%), Selenium: 2.78µg (3.97%)