

Lentils with Chorizo

 Gluten Free

READY IN



50 min.

SERVINGS



5

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices bacon
- 1 cube chicken bouillon
- 0.5 bunch cilantro leaves chopped
- 5 teaspoons cotija cheese divided crumbled
- 0.1 teaspoon cumin
- 2 cloves garlic minced
- 1 roma tomatoes diced (plum)
- 5 teaspoons cream sour divided

- 0.5 cup water
- 1 small onion diced white

Equipment

- bowl
- frying pan
- pot
- blender
- kitchen towels

Directions

- Rinse lentils; place in large pot.
- Pour enough water into the pot to cover the lentils by 2 inches; add the chicken bouillon cube to the pot. Bring to simmer; cook until lentils are just tender, about 20 minutes.
- While lentils are cooking, heat a large skillet over medium-high heat. Cook chorizo until brown, 10 to 15 minutes.
- Remove from pan. In the same pan, lightly fry bacon until cooked but still soft, about 5 minutes.
- Remove bacon, leaving drippings in pan. Chop bacon.
- Cook the tomato, tomatillo, onion, and garlic in the bacon fat until soft, about 5 minutes. Stir in the water and cilantro; transfer mixture to a blender. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the mixture moving before leaving it on to puree until smooth.
- Stir the pureed vegetables, cooked chorizo, cooked bacon, and cumin into the lentils and cooking water. Stir over medium heat until hot, about 5 minutes.
- Serve in bowls; top each bowl with a teaspoon of cotija cheese and a dollop of sour cream.

Nutrition Facts

 **PROTEIN 12.74%**  **FAT 78.89%**  **CARBS 8.37%**

Properties

Glycemic Index:31.8, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:3.6095651984215%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 141.07kcal (7.05%), Fat: 12.37g (19.04%), Saturated Fat: 4.58g (28.63%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.08g (1.2%), Cholesterol: 24.17mg (8.06%), Sodium: 236.02mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Selenium: 6.44µg (9.21%), Vitamin B6: 0.14mg (6.79%), Phosphorus: 67.18mg (6.72%), Vitamin B1: 0.1mg (6.37%), Vitamin B3: 1.22mg (6.12%), Vitamin B2: 0.08mg (4.63%), Vitamin A: 213.79IU (4.28%), Vitamin C: 3.37mg (4.08%), Calcium: 38.01mg (3.8%), Vitamin B12: 0.22µg (3.73%), Zinc: 0.53mg (3.56%), Vitamin K: 3.69µg (3.51%), Potassium: 120.04mg (3.43%), Manganese: 0.06mg (3.1%), Vitamin B5: 0.25mg (2.48%), Magnesium: 8.2mg (2.05%), Copper: 0.04mg (1.79%), Fiber: 0.44g (1.76%), Folate: 6.88µg (1.72%), Vitamin E: 0.23mg (1.53%), Iron: 0.27mg (1.52%)