



Lentils with Eggplant and Garam Masala



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4.5 cups rice hot cooked
- ☐ 1 cup lentils dried
- ☐ 1 pound eggplant peeled chopped
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1.5 teaspoons garam masala
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground turmeric

- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 1.5 teaspoons salt
- ☐ 1 cup tomatoes chopped
- ☐ 4 cups water
- ☐ 2 cups zucchini chopped

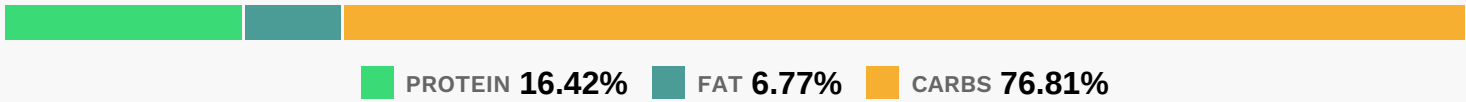
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a Dutch oven over medium-high heat.
- ☐ Add onion and Garam Masala; saut 3 minutes or until onion is tender. Stir in tomato, turmeric, ginger, garlic, and eggplant; saut 7 minutes or until eggplant is tender.
- ☐ Add lentils, water, salt, and bay leaves to pan; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Stir in zucchini; bring to a boil. Reduce heat, and simmer 10 minutes or until zucchini is tender. Discard bay leaves.
- ☐ Serve over rice.
- ☐ Totals include Garam Masala.

Nutrition Facts



Properties

Glycemic Index:48.93, Glycemic Load:39.89, Inflammation Score:-10, Nutrition Score:19.086521646251%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg,

Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 324.9kcal (16.25%), Fat: 2.45g (3.78%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 62.64g (20.88%), Net Carbohydrates: 48.78g (17.74%), Sugar: 6.22g (6.91%), Cholesterol: 0mg (0%), Sodium: 600.21mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.78%), Manganese: 1.34mg (67.2%), Fiber: 13.87g (55.47%), Folate: 192.44µg (48.11%), Vitamin B1: 0.38mg (25.01%), Phosphorus: 245.39mg (24.54%), Vitamin B6: 0.49mg (24.26%), Potassium: 739.98mg (21.14%), Magnesium: 79.35mg (19.84%), Vitamin C: 16.28mg (19.73%), Copper: 0.39mg (19.38%), Iron: 3.28mg (18.24%), Selenium: 12.15µg (17.35%), Zinc: 2.5mg (16.65%), Vitamin B5: 1.51mg (15.05%), Vitamin B3: 2.19mg (10.95%), Vitamin B2: 0.16mg (9.64%), Vitamin K: 8.96µg (8.53%), Vitamin A: 322.08IU (6.44%), Calcium: 59.66mg (5.97%), Vitamin E: 0.82mg (5.49%)