



Lentils with Fried Eggs



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce brown lentils canned
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 3 stalks celery finely chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 4 large eggs
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 servings kosher salt
- ☐ 4 servings pepper freshly ground

- ☐ 0.3 cup red wine vinegar
- ☐ 4 large shallots finely chopped
- ☐ 1.5 teaspoons sugar
- ☐ 3 sprigs thyme leaves
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat 1 tablespoon butter in a Dutch oven or deep skillet over medium-high heat.
- ☐ Add the shallots, celery, thyme and 1/2 teaspoon salt and cook, stirring occasionally, until starting to brown, 5 minutes.
- ☐ Add the vinegar, 1/4 cup water and the sugar and cook until almost evaporated, about 5 minutes.
- ☐ Add the tomatoes and increase the heat to high; cook, stirring, 3 minutes.
- ☐ Add the lentils and 1 cup water. Bring to a simmer, then reduce the heat to medium and cook until the lentils are soft, about 10 minutes. Stir in the mustard and cook 5 more minutes. Season with salt and pepper; discard the thyme and stir in half of the parsley. Cover to keep warm.
- ☐ Melt the remaining 2 tablespoons butter in a large nonstick skillet over medium heat. One at a time, break each egg into a small bowl, then slide it into the skillet; cook until the whites are set, 3 to 5 minutes.
- ☐ Serve the lentils with a fried egg on top; sprinkle with the remaining parsley.
- ☐ Serve with pita.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:74.42, Glycemic Load:10.01, Inflammation Score:-10, Nutrition Score:38.49913031122%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 578.95kcal (28.95%), Fat: 14.6g (22.45%), Saturated Fat: 7.16g (44.72%), Carbohydrates: 75.94g (25.31%), Net Carbohydrates: 41.17g (14.97%), Sugar: 8.56g (9.51%), Cholesterol: 208.57mg (69.53%), Sodium: 482.05mg (20.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.64g (71.27%), Fiber: 34.77g (139.09%), Folate: 555.91µg (138.98%), Manganese: 1.58mg (78.95%), Vitamin B1: 0.98mg (65.12%), Phosphorus: 609.19mg (60.92%), Iron: 10.16mg (56.46%), Vitamin K: 48.19µg (45.9%), Zinc: 5.93mg (39.55%), Vitamin B6: 0.77mg (38.71%), Magnesium: 148.63mg (37.16%), Selenium: 25.57µg (36.52%), Potassium: 1274.91mg (36.43%), Vitamin B5: 3.22mg (32.19%), Copper: 0.63mg (31.7%), Vitamin B2: 0.49mg (28.59%), Vitamin A: 1312.88IU (26.26%), Vitamin C: 13.34mg (16.17%), Vitamin B3: 3.01mg (15.06%), Calcium: 149.92mg (14.99%), Vitamin E: 1.41mg (9.37%), Vitamin D: 1.16µg (7.72%), Vitamin B12: 0.46µg (7.71%)