



HEALTH SCORE

64%

Lentils with Garlic and Rosemary



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



11

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 14.3 ounce beef broth fat-free canned
- ☐ 1 cup carrots diced
- ☐ 2 cups ham diced cooked
- ☐ 1 pound lentils dried
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 2 garlic cloves chopped
- ☐ 3 cups onion chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon rubbed sage
- ☐ 5 cups water

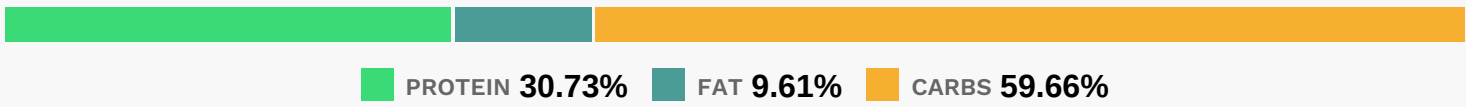
Equipment

- ☐ slow cooker

Directions

- ☐ Combine first 11 ingredients in an electric slow cooker. Cover with lid, and cook on high-heat setting for 3 hours or until lentils are tender. Discard bay leaf.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:20.95, Glycemic Load:4.33, Inflammation Score:-9, Nutrition Score:17.893043637276%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 201.98kcal (10.1%), Fat: 2.16g (3.33%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 16.53g (6.01%), Sugar: 3.24g (3.61%), Cholesterol: 15mg (5%), Sodium: 391.65mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.12%), Fiber: 13.68g (54.71%), Folate: 209.46µg (52.36%), Vitamin A: 1962.47IU (39.25%), Vitamin B1: 0.5mg (33.24%), Manganese: 0.65mg (32.54%), Phosphorus: 268.4mg (26.84%), Iron: 3.49mg (19.42%), Vitamin B6: 0.35mg (17.74%), Zinc: 2.55mg (17%), Potassium: 575.31mg (16.44%), Magnesium: 62.47mg (15.62%), Copper: 0.28mg (13.96%), Vitamin C: 10.7mg (12.97%), Vitamin B5: 1.16mg (11.58%), Selenium: 8.06µg (11.51%), Vitamin B3: 2.26mg (11.3%), Vitamin B2: 0.16mg (9.58%), Vitamin B12: 0.32µg (5.26%), Calcium: 45.12mg (4.51%), Vitamin K: 3.97µg (3.78%), Vitamin E: 0.29mg (1.93%)