

 100%
HEALTH SCORE

Lentils with Sausage and Swiss Chard



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.5 cup carrots peeled chopped
- ☐ 1.3 cups lentils dried
- ☐ 1 teaspoon fennel seeds
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 8 ounces turkey sausage sweet italian crumbled finely (2 links)
- ☐ 0.5 cup onion chopped

- ☐ 1 pound swiss chard thick coarsely chopped (1 large bunch)
- ☐ 2.5 cups water ()

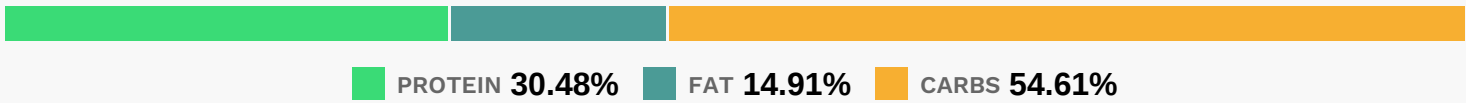
Equipment

- ☐ frying pan

Directions

- ☐ Sauté sausage in large deep nonstick skillet over medium-high heat until cooked through, about 6 minutes.
- ☐ Drain any excess fat from skillet.
- ☐ Add carrot, onion and garlic to skillet; sauté until vegetables begin to soften, about 5 minutes. Stir in lentils, bay leaf, fennel seeds and rosemary.
- ☐ Add 2 1/2 cups water and bring to boil. Reduce heat to medium-low, cover and simmer until lentils are almost tender, about 20 minutes.
- ☐ Place Swiss chard atop lentils; cover and cook until lentils are tender and chard is wilted and tender, adding more water if mixture is dry, about 7 minutes. Stir to blend. Season with salt and pepper. Discard bay leaf.
- ☐ Per serving: calories, 490; total fat, 6 g; saturated fat, 2 g; cholesterol, 38 mg
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:80.22, Glycemic Load:12.99, Inflammation Score:-10, Nutrition Score:65.325652288354%

Flavonoids

Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 13.5mg, Kaempferol: 13.5mg, Kaempferol: 13.5mg, Kaempferol: 13.5mg Myricetin: 7.1mg, Myricetin: 7.1mg, Myricetin: 7.1mg, Myricetin: 7.1mg Quercetin: 13.23mg, Quercetin: 13.23mg, Quercetin: 13.23mg, Quercetin: 13.23mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 711.36kcal (35.57%), Fat: 12.02g (18.49%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 99.02g (33.01%), Net Carbohydrates: 53.28g (19.37%), Sugar: 11.96g (13.29%), Cholesterol: 60.1mg (20.03%), Sodium: 1582.97mg (68.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.26g (110.53%), Vitamin K: 1893.24µg (1803.09%), Vitamin A: 19436.96IU (388.74%), Fiber: 45.75g (182.99%), Folate: 667.86µg (166.96%), Manganese: 2.82mg (141.24%), Iron: 25.06mg (139.23%), Vitamin C: 114.17mg (138.39%), Magnesium: 383.72mg (95.93%), Phosphorus: 923.74mg (92.37%), Vitamin B1: 1.34mg (89.22%), Vitamin B6: 1.48mg (74.14%), Potassium: 2495.72mg (71.31%), Copper: 1.29mg (64.67%), Zinc: 9.6mg (63.99%), Selenium: 38.5µg (55%), Vitamin B3: 8.85mg (44.26%), Vitamin B5: 4.19mg (41.88%), Vitamin B2: 0.71mg (41.58%), Vitamin E: 5.14mg (34.23%), Calcium: 257.76mg (25.78%), Vitamin B12: 0.49µg (8.13%)