






 **58%**
HEALTH SCORE

Lentils with Smoked Sausage and Carrots

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

4

CALORIES

834 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 bay leaf
- 3 carrots halved lengthwise
- 2 tablespoons cooking oil
- 1 teaspoon thyme leaves dried
- 3 tablespoons parsley fresh chopped
- 3 cloves garlic minced
- 2.3 cups lentils
- 1 onion chopped

- 1.3 teaspoons salt
- 1 pound sausage smoked
- 1 quart water

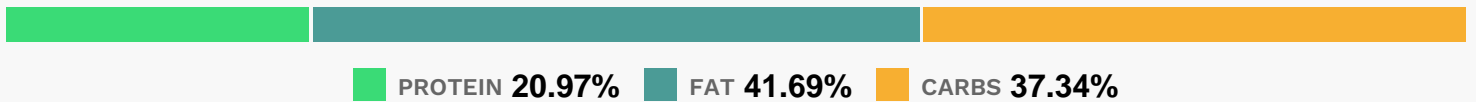
Equipment

- sauce pan

Directions

- In a large saucepan, heat the oil over moderately low heat.
- Add the onion, garlic, and carrots. Cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- Add the lentils, water, salt, bay leaf, and thyme. Bring to a boil, reduce the heat, and simmer, partially covered, until the lentils are almost tender, about 20 minutes. Discard the bay leaf.
- Stir in the smoked sausage and parsley. Cook until the lentils are just tender but not falling apart and the sausage is warm, about 10 minutes longer.
- Cooking Lentils: Because salt retards the cooking of legumes, the general wisdom is not to add it until they're almost done. Lentils, however, tend to overcook and fall apart all too quickly, so we put the salt in at the outset.
- Wine Recommendation: Tokay Pinot Gris is one of the few white wines big enough to partner dishes that might ordinarily call for a red. Here its full body is more than a match for the sausage, while its nutty notes intriguingly echo the lentils.

Nutrition Facts



Properties

Glycemic Index:40.11, Glycemic Load:10.41, Inflammation Score:-10, Nutrition Score:47.486521886743%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin:

0.51mg, Myricetin: 0.51mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg
Galocatechin: 0.16mg, Galocatechin: 0.16mg, Galocatechin: 0.16mg, Galocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 833.53kcal (41.68%), Fat: 38.5g (59.23%), Saturated Fat: 11.17g (69.81%), Carbohydrates: 77.6g (25.87%),
Net Carbohydrates: 41.45g (15.07%), Sugar: 5.66g (6.29%), Cholesterol: 80.51mg (26.84%), Sodium: 1741.75mg
(75.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.57g (87.14%), Vitamin A: 7951.19IU (159.02%), Fiber:
36.15g (144.62%), Folate: 560.29µg (140.07%), Vitamin B1: 1.32mg (88.25%), Manganese: 1.7mg (84.92%), Vitamin K:
70.26µg (66.92%), Phosphorus: 656.16mg (65.62%), Iron: 10.32mg (57.36%), Zinc: 8mg (53.35%), Vitamin B6:
0.93mg (46.31%), Potassium: 1498.43mg (42.81%), Magnesium: 163.51mg (40.88%), Copper: 0.73mg (36.62%),
Vitamin B3: 7.13mg (35.63%), Selenium: 24.67µg (35.24%), Vitamin B5: 3.08mg (30.8%), Vitamin B12: 1.71µg
(28.54%), Vitamin B2: 0.47mg (27.62%), Vitamin C: 14.49mg (17.56%), Vitamin E: 2.12mg (14.16%), Calcium: 112.77mg
(11.28%), Vitamin D: 1.25µg (8.32%)