



Mediterranean-Style Lentils and Rice

 Vegetarian  Gluten Free

READY IN



69 min.

SERVINGS



7

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown rice long-grain
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, undrained canned
- 2 tablespoons capers
- 1 cup lentils dried
- 2.7 ounces feta cheese crumbled reduced-fat
- 0.3 cup basil fresh chopped
- 5 garlic cloves minced
- 0.5 cup kalamata olives chopped

- 1 tablespoon olive oil
- 1.5 cups onion chopped (2 medium)
- 0.5 teaspoon salt
- 4 cups water

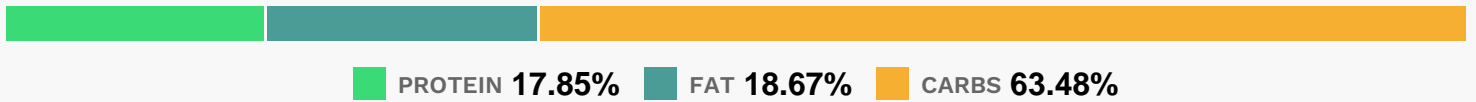
Equipment

- bowl
- sauce pan

Directions

- Heat oil in a medium saucepan over medium heat.
- Add onion and garlic; saut 5 minutes or until tender.
- Add lentils and next 6 ingredients. Bring to a boil; cover, reduce heat, and simmer 50 minutes or until rice is tender and liquid is absorbed. Spoon into individual bowls, and sprinkle evenly with basil and cheese.

Nutrition Facts



Properties

Glycemic Index:35.48, Glycemic Load:15.72, Inflammation Score:-7, Nutrition Score:17.796086871106%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 286.6kcal (14.33%), Fat: 6.09g (9.38%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 46.63g (15.54%), Net Carbohydrates: 35.19g (12.8%), Sugar: 5.07g (5.63%), Cholesterol: 5.86mg (1.95%), Sodium: 566.28mg (24.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.22%), Manganese: 1.58mg (79.02%), Fiber:

11.44g (45.75%), Folate: 152.42µg (38.11%), Vitamin B1: 0.42mg (27.89%), Magnesium: 91.71mg (22.93%), Phosphorus: 228.47mg (22.85%), Vitamin B6: 0.45mg (22.35%), Iron: 3.55mg (19.74%), Copper: 0.39mg (19.5%), Potassium: 572.94mg (16.37%), Zinc: 2.13mg (14.22%), Vitamin B3: 2.7mg (13.51%), Vitamin C: 10.07mg (12.2%), Vitamin B5: 1.22mg (12.15%), Vitamin E: 1.56mg (10.4%), Vitamin K: 10.12µg (9.63%), Vitamin B2: 0.12mg (6.84%), Calcium: 67.67mg (6.77%), Selenium: 3.22µg (4.6%), Vitamin A: 224.1IU (4.48%)