






 **95%**
HEALTH SCORE

Mujadara

 Vegetarian  Gluten Free  Very Healthy

READY IN

45 min.

SERVINGS

4

CALORIES

625 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1.5 cups green lentils rinsed
- 0.3 cup olive oil
- 4 servings salt and pepper
- 4 servings yogurt plain sour for serving
- 1.3 cups rice long-grain white

Equipment

- frying pan
- sauce pan

pot

Directions

- Heat the olive oil in a very large nonstick skillet over low heat (if you only have smaller skillets, divide the oil and onions between two). When the oil shimmers, add the onions and cook, stirring frequently, until golden, 15 to 20 minutes. Season with salt and pepper to taste.
- Meanwhile, bring 4 1/2 cups water to a boil in a large saucepan or small stockpot and add the lentils. Simmer, uncovered, for 20 minutes, then add the rice and half the cooked onions. Season with salt and pepper to taste. Simmer, covered, over very low heat until the lentils and rice are tender, about 20 minutes more. You may need to add more water toward the end; check after 15 minutes.
- Remove from the heat and let rest, covered, for 5 minutes.
- While the rice and lentils are cooking, cook the onions remaining in the skillet over low heat, stirring often, until dark brown and nearly crisp, 15 to 20 minutes.
- Serve hot or at room temperature, with browned onions sprinkled on top.
- Add a dollop of the yogurt or sour cream if desired.
- Puree the entire thing with an additional splash of water. For finger food, skip the browned onion topping, which may be challenging to young eaters.
- From Parents Need to Eat Too: Nap-Friendly Cooking, One-Handed Meals, and Time-Saving Kitchen Tricks for New Parents by Debbie Koenig. Copyright © 2012 by Debbie Koenig. Published by William Morrow, an imprint of HarperCollins Publishers.

Nutrition Facts


■ PROTEIN 14.63% ■ FAT 27.77% ■ CARBS 57.6%

Properties

Glycemic Index:26.2, Glycemic Load:33.07, Inflammation Score:-7, Nutrition Score:26.504782588829%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Galliccatechin: 0.1mg, Galliccatechin: 0.1mg, Galliccatechin: 0.1mg, Galliccatechin: 0.1mg

Nutrients (% of daily need)

Calories: 624.91kcal (31.25%), Fat: 19.18g (29.5%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 89.53g (29.84%), Net Carbohydrates: 66.81g (24.3%), Sugar: 1.58g (1.75%), Cholesterol: 0.13mg (0.04%), Sodium: 201.82mg (8.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.73g (45.47%), Fiber: 22.71g (90.85%), Folate: 349.58µg (87.39%), Manganese: 1.59mg (79.36%), Vitamin B1: 0.67mg (44.62%), Phosphorus: 392.15mg (39.22%), Iron: 5.99mg (33.3%), Zinc: 4.08mg (27.19%), Magnesium: 102.42mg (25.6%), Copper: 0.5mg (25.06%), Vitamin B6: 0.48mg (24.2%), Potassium: 755.85mg (21.6%), Vitamin B5: 2.13mg (21.31%), Selenium: 14.73µg (21.04%), Vitamin E: 3.01mg (20.06%), Vitamin B3: 2.8mg (14.01%), Vitamin K: 14.5µg (13.81%), Vitamin B2: 0.18mg (10.69%), Calcium: 58.02mg (5.8%), Vitamin C: 3.17mg (3.85%)