



Mujaddara Arabic Lentil Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon garlic powder
- 1 tablespoon ground cumin
- 2 tablespoons olive oil
- 1 teaspoon salt
- 0.3 cup vegetable oil
- 0.8 cup water
- 3 onions white sliced into 1/4-inch rings
- 0.8 cup rice white rinsed

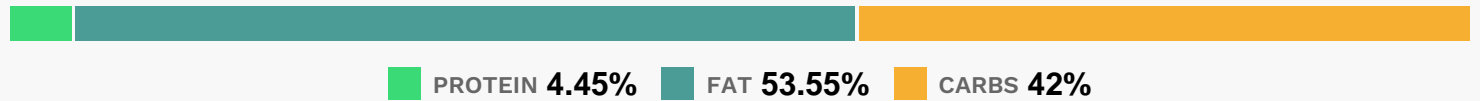
Equipment

- frying pan
- pot

Directions

- Combine the lentils, 2 cups water, 1 teaspoon salt, the cumin, and garlic powder in a pot over medium heat; bring to a simmer, reduce heat to low, and cook until the lentils begin to soften, 20 to 30 minutes.
- Stir the rice, 3/4 cup water, 1 teaspoon salt, and the olive oil into the lentils. Cover the pot and continue cooking until the lentils and rice are tender, about 40 minutes.
- Heat the cooking oil in a skillet over medium heat; cook the onions in the oil until browned, 7 to 10 minutes.
- Spread the onions over the rice and lentil mixture to serve.

Nutrition Facts



Properties

Glycemic Index:16.36, Glycemic Load:12.32, Inflammation Score:-3, Nutrition Score:5.0073913348758%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 236.12kcal (11.81%), Fat: 14.19g (21.83%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 23.58g (8.57%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 394.99mg (17.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Vitamin K: 19.82µg (18.87%), Manganese: 0.37mg (18.5%), Vitamin E: 1.49mg (9.96%), Vitamin B6: 0.13mg (6.52%), Iron: 1.07mg (5.95%), Selenium: 4.14µg (5.91%), Fiber: 1.46g (5.84%), Phosphorus: 53.05mg (5.31%), Vitamin C: 4.16mg (5.05%), Copper: 0.09mg (4.66%), Magnesium: 16.27mg (4.07%), Potassium: 140.81mg (4.02%), Vitamin B1: 0.05mg (3.57%), Folate: 13.03µg (3.26%), Vitamin B5: 0.31mg

(3.12%), Calcium: 30.66mg (3.07%), Zinc: 0.44mg (2.92%), Vitamin B3: 0.49mg (2.45%), Vitamin B2: 0.03mg (1.84%)