



## Mujaddara Arabic Lentil Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon garlic powder
- 1 tablespoon ground cumin
- 1 cup lentils dry rinsed
- 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



**PROTEIN 12.42%** **FAT 37.21%** **CARBS 50.37%**

## Properties

Glycemic Index:20.46, Glycemic Load:14.65, Inflammation Score:-6, Nutrition Score:14.39086964856%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg 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 Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 349.08kcal (17.45%), Fat: 14.53g (22.35%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 44.26g (14.75%), Net Carbohydrates: 33.04g (12.02%), Sugar: 3.06g (3.4%), Cholesterol: 0mg (0%), Sodium: 396.91mg (17.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Fiber: 11.22g (44.88%), Folate: 166.31µg (41.58%), Manganese: 0.8mg (39.78%), Vitamin B1: 0.33mg (22.2%), Vitamin K: 21.42µg (20.4%), Phosphorus: 197.37mg

(19.74%), Iron: 3.48mg (19.35%), Vitamin B6: 0.3mg (15.16%), Magnesium: 55.31mg (13.83%), Zinc: 1.97mg (13.11%), Copper: 0.26mg (12.96%), Potassium: 446.41mg (12.75%), Vitamin E: 1.65mg (11%), Vitamin B5: 1mg (9.97%), Selenium: 6.79µg (9.71%), Vitamin C: 5.57mg (6.75%), Vitamin B3: 1.32mg (6.62%), Vitamin B2: 0.1mg (5.81%), Calcium: 48.58mg (4.86%)