



One-Pot Sausages and Lentils with Sweet Roasted Shallots

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



2292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup wine dry white
- 1 pinch herbs de provence dried
- 2 servings pepper black freshly ground
- 29 ounce lentils drained and rinsed canned
- 1 tablespoon olive oil
- 2 servings parsley fresh for garnish
- 14 ounces sausage (6 links)

0.5 cup shallots trimmed halved sliced

0.3 cup water

Equipment

frying pan

oven

pot

Directions

Adjust oven rack to center position and preheat the oven to 450°F.

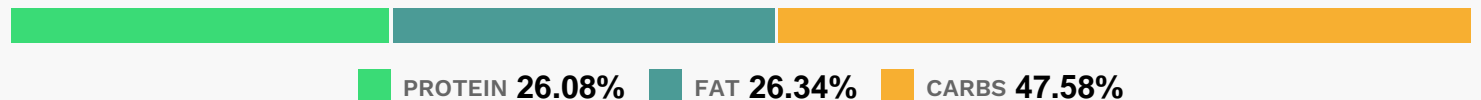
Heat the oil in a large ovenproof skillet over medium heat until shimmering.

Add shallots and sausages, and season with salt and pepper. Shake to coat everything in the oil, transfer to oven, and bake until the shallots are soft and caramelized and the sausages blistered, about 30 minutes, stirring once or twice.

Remove pot from the oven and place over high heat.

Add the wine, and bring to a boil. Scrape brown bits off bottom of pan, then add lentils, water, and herbes de Provence, and season with salt and pepper. Simmer until the liquid is mostly evaporated, about 3 minutes. Stir in fresh herbs and serve with a green salad and bread.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:2.7, Inflammation Score:-8, Nutrition Score:30.173478401226%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 2291.78kcal (114.59%), Fat: 64.02g (98.5%), Saturated Fat: 18.44g (115.26%), Carbohydrates: 260.16g (86.72%), Net Carbohydrates: 129.82g (47.21%), Sugar: 13.82g (15.35%), Cholesterol: 142.88mg (47.63%), Sodium: 1301.84mg (56.6%), Alcohol: 6.18g (100%), Alcohol %: 1.02% (100%), Protein: 142.59g (285.19%), Fiber: 130.34g (521.36%), Iron: 34.33mg (190.7%), Vitamin K: 73.2µg (69.71%), Vitamin B3: 9.57mg (47.87%), Vitamin B6: 0.85mg (42.29%), Vitamin B1: 0.59mg (39.22%), Vitamin C: 32.04mg (38.84%), Phosphorus: 316.87mg (31.69%), Zinc: 4.67mg (31.12%), Calcium: 310.87mg (31.09%), Vitamin B12: 1.69µg (28.11%), Potassium: 756.67mg (21.62%), Vitamin D: 2.58µg (17.2%), Vitamin B2: 0.27mg (15.73%), Vitamin B5: 1.55mg (15.48%), Manganese: 0.28mg (13.99%), Magnesium: 48.89mg (12.22%), Copper: 0.2mg (9.92%), Vitamin A: 492.51IU (9.85%), Vitamin E: 1.45mg (9.65%), Folate: 29.07µg (7.27%), Selenium: 0.78µg (1.12%)