



HEALTH SCORE

65%

Pumpkin and Red Lentil Curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground ginger

- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.8 teaspoon ground turmeric
- ☐ 1 small jalapeno seeded finely chopped
- ☐ 6 lime wedges
- ☐ 2 cups onion chopped 2 medium
- ☐ 5 cups pumpkin fresh cubed peeled 1 3/4 pounds
- ☐ 1 cup lentils dried red
- ☐ 0.3 teaspoon salt
- ☐ 4 cups vegetable broth organic such as Swanson Certified

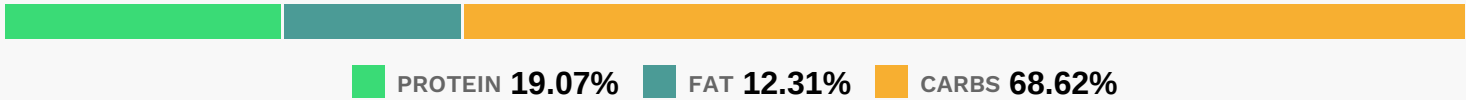
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion; cook 5 minutes, stirring occasionally. Stir in pumpkin and next 7 ingredients (through jalapeo); cook for 30 seconds, stirring constantly.
- ☐ Add broth and tomatoes; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until pumpkin is just tender. Stir in lentils; cook 10 minutes or until lentils are tender. Stir in salt and black pepper. Ladle stew into individual bowls; sprinkle with cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:67.77, Glycemic Load:10.55, Inflammation Score:-10, Nutrition Score:23.907826009004%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 222.99kcal (11.15%), Fat: 3.26g (5.01%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 27.5g (10%), Sugar: 10.38g (11.54%), Cholesterol: 0mg (0%), Sodium: 820.96mg (35.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.72%), Vitamin A: 8842.52IU (176.85%), Fiber: 13.39g (53.56%), Folate: 190.59µg (47.65%), Manganese: 0.93mg (46.64%), Vitamin C: 29.24mg (35.44%), Vitamin B1: 0.42mg (27.81%), Potassium: 970.23mg (27.72%), Iron: 4.81mg (26.74%), Phosphorus: 235.34mg (23.53%), Copper: 0.46mg (23.23%), Vitamin B6: 0.45mg (22.3%), Magnesium: 75.44mg (18.86%), Vitamin E: 2.57mg (17.13%), Zinc: 2.22mg (14.78%), Vitamin B2: 0.24mg (13.88%), Vitamin B5: 1.29mg (12.91%), Vitamin B3: 2.47mg (12.36%), Vitamin K: 10.8µg (10.29%), Calcium: 90.04mg (9%), Selenium: 4.24µg (6.05%)