

Red Lentil Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons curry paste
- ☐ 1 tablespoon curry powder
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ginger root minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground turmeric
- ☐ 1 large onion diced

- ☐ 2 cups lentils red
- ☐ 1 teaspoon salt
- ☐ 14.3 ounce tomato purée canned
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon sugar white

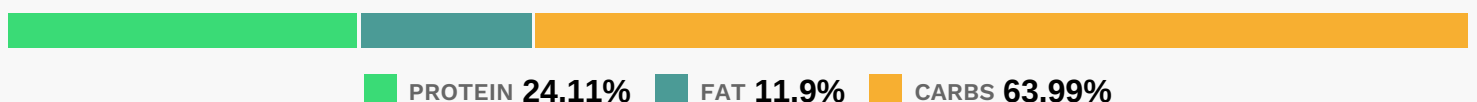
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Wash the lentils in cold water until the water runs clear (this is very important or the lentils will get "scummy"), put the lentils in a pot with water to cover and simmer covered until lentils tender (add more water if necessary).
- ☐ While the lentils are cooking: In a large skillet or saucepan, caramelize the onions in vegetable oil.
- ☐ While the onions are cooking, combine the curry paste, curry powder, turmeric, cumin, chili powder, salt, sugar, garlic, and ginger in a mixing bowl.
- ☐ Mix well. When the onions are cooked, add the curry mixture to the onions and cook over a high heat stirring constantly for 1 to 2 minutes.
- ☐ Stir in the tomato puree and reduce heat, allow the curry base to simmer until the lentils are ready.
- ☐ When the lentils are tender drain them briefly (they should have absorbed most of the water but you don't want the curry to be too sloppy).
- ☐ Mix the curry base into the lentils and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.46, Glycemic Load:5.1, Inflammation Score:-10, Nutrition Score:17.80086952707%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 209.5kcal (10.47%), Fat: 2.84g (4.36%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 18.73g (6.81%), Sugar: 4.76g (5.28%), Cholesterol: 0mg (0%), Sodium: 365.97mg (15.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.84%), Fiber: 15.57g (62.28%), Folate: 227.06µg (56.77%), Manganese: 0.79mg (39.35%), Vitamin B1: 0.44mg (29.64%), Iron: 4.73mg (26.29%), Phosphorus: 230.49mg (23.05%), Vitamin B6: 0.37mg (18.29%), Potassium: 634.92mg (18.14%), Magnesium: 70.76mg (17.69%), Copper: 0.35mg (17.38%), Vitamin A: 801.85IU (16.04%), Zinc: 2.39mg (15.93%), Vitamin B5: 1.13mg (11.31%), Vitamin C: 8.63mg (10.46%), Vitamin B3: 1.89mg (9.47%), Vitamin K: 9.19µg (8.76%), Vitamin E: 1.27mg (8.48%), Vitamin B2: 0.13mg (7.81%), Selenium: 4.39µg (6.28%), Calcium: 60.03mg (6%)