



## Red Lentil Dal



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup lentils red well (orange lentils will work as )
- ☐ 3 cups water
- ☐ 3 plum tomatoes
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup onion white yellow finely chopped
- ☐ 2 medium cloves garlic finely chopped
- ☐ 2 teaspoons bengali five spice mix or) sesame seeds white black (panch phoron) (if available)
- ☐ 1 bay leaf

- ☐ 1 teaspoon turmeric
- ☐ 1 teaspoon kosher salt plus more to taste
- ☐ 1 juice of lime fresh juiced (equal to 2 tablespoons lime juice)
- ☐ 8 sprigs cilantro leaves chopped
- ☐ 4 servings rice cooked

## Equipment

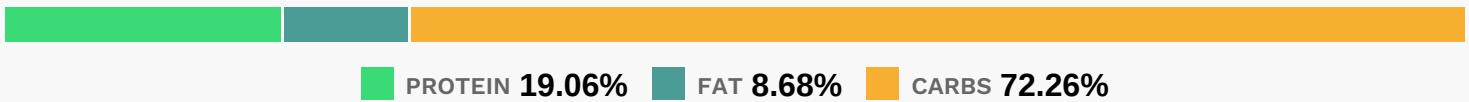
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ sieve

## Directions

- ☐ Rinse lentils and cook with water until soft:
- ☐ Place 1 cup of red lentils in a metal sieve. Rinse well with cold water.
- ☐ Pour cleaned lentils into a medium sauce pan.
- ☐ Add 3 cups of water. Bring lentils and water to a boil.
- ☐ Reduce heat, cover and simmer for 10 minutes or until the lentils are soft.
- ☐ Blanch and chop the tomatoes: While the lentils are cooking in step 1, bring a separate small pot of water to a boil.
- ☐ Score the peel of the tomatoes with a sharp knife in the shape of an "X".
- ☐ Place the tomatoes in the boiling water and blanch for one minute.
- ☐ Remove the tomatoes to a bowl to cool. Once cool, peel the tomatoes and cut out and discard the tough stem end. Chop the tomatoes, or mash them, and set aside.
- ☐ Sauté onions, garlic paste, spices: After the lentils in step 1 have cooked at least 5 minutes, start preparing the onions and spices.
- ☐ In a medium saucepan, heat the oil over medium heat.
- ☐ Add the chopped onions. Cook until translucent, about 3 minutes.

- ☐ Add garlic paste and cook for 1 minute more, stirring continuously, making sure that the garlic does not burn.
- ☐ Add the Bengali five spice. Cook and stir for another 2–3 minutes.
- ☐ Add bay leaf and turmeric. Stir.
- ☐ Add cooked lentils, salt: To the onions and spices, add the cooked lentils along with the lentil cooking water.
- ☐ Add salt. Cook for 10 minutes.
- ☐ Add lime juice and tomatoes. Cook for 3–5 more minutes. Adjust salt if necessary.
- ☐ Stir in chopped cilantro and remove from heat.
- ☐ Garnish with more chopped cilantro.
- ☐ Serve with basmati rice or naan bread.

## Nutrition Facts



## Properties

Glycemic Index:67.65, Glycemic Load:28.27, Inflammation Score:-10, Nutrition Score:21.955652236938%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 309.11kcal (15.46%), Fat: 3g (4.62%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 56.3g (18.77%), Net Carbohydrates: 40.02g (14.55%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 600.12mg (26.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.7%), Fiber: 16.28g (65.14%), Manganese: 1.26mg (63.06%), Folate: 238.33µg (59.58%), Vitamin K: 36.67µg (34.92%), Vitamin B1: 0.45mg (29.87%), Iron: 4.96mg (27.55%), Phosphorus: 264.37mg (26.44%), Vitamin B6: 0.44mg (22.05%), Magnesium: 83.06mg (20.77%), Potassium: 678.68mg (19.39%), Copper: 0.39mg (19.37%), Zinc: 2.81mg (18.7%), Vitamin C: 13.95mg (16.9%), Vitamin A: 752.56IU (15.05%), Selenium: 10.16µg (14.51%), Vitamin B5: 1.4mg (14.03%), Vitamin B3: 2mg (9.99%), Vitamin E:

1.45mg (9.68%), Calcium: 95.26mg (9.53%), Vitamin B2: 0.14mg (8.45%)