



Red Lentil Dal

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 dash cayenne pepper
- 1 tbsp coriander
- 1 tsp cumin
- 2 tsp garam masala
- 1 tbsp ground ginger
- 1 small onion diced
- 1 tsp paprika
- 0.5 cup lentils red

- 3 ounces tomato paste
- 1 tsp turmeric
- 2 cups vegetable broth
- 2 garlic cloves whole minced
- 1 tomatoes whole with juices) chopped

Equipment

- pot

Directions

- In a medium pot, saute onions and garlic in 1/4 cup water until translucent.
- Add spices, except garam masala and coriander, and cook for 2 minutes, adding more water if necessary to prevent sticking, burning or drying out.
- Add lentils, broth, tomato paste, tomatoes and coriander. Cover and turn heat to high. Once boiling, reduce to low and simmer for 15 minutes, or until lentils are cooked (they will expand and turn orange).
- Add garam masala and stir to combine. Cover and set aside for 3–5 minutes.
- Add salt and pepper to taste and serve.

Amount Per Serving

Calories

Fat

70g

Carbohydrate

20gDietary Fiber8.60gSugars2.20gProtein7g

Nutrition Facts



Properties

Glycemic Index:74.65, Glycemic Load:4.59, Inflammation Score:-10, Nutrition Score:13.499999906706%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 131.41kcal (6.57%), Fat: 0.85g (1.31%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 24.65g (8.21%), Net Carbohydrates: 15.46g (5.62%), Sugar: 5.75g (6.39%), Cholesterol: 0mg (0%), Sodium: 644.35mg (28.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.61%), Manganese: 0.95mg (47.44%), Fiber: 9.18g (36.73%), Folate: 119.11µg (29.78%), Vitamin A: 1147.03IU (22.94%), Iron: 3.42mg (18.99%), Potassium: 589.04mg (16.83%), Vitamin B1: 0.24mg (15.88%), Vitamin C: 11.86mg (14.38%), Phosphorus: 141.95mg (14.2%), Vitamin B6: 0.26mg (13.25%), Magnesium: 48.65mg (12.16%), Copper: 0.24mg (12.11%), Zinc: 1.43mg (9.53%), Vitamin E: 1.41mg (9.38%), Vitamin B3: 1.69mg (8.45%), Vitamin K: 6.98µg (6.64%), Vitamin B2: 0.1mg (6.17%), Vitamin B5: 0.59mg (5.91%), Selenium: 4.11µg (5.87%), Calcium: 38.63mg (3.86%)