



Red Lentil Dal with Carrot Salad and Coriander Flatbreads

 Dairy Free

READY IN



53 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons canola oil
- ☐ 4 cups carrots shaved (2 large)
- ☐ 1 cup cilantro leaves
- ☐ 1.3 cups brown rice long-grain hot cooked
- ☐ 0.5 teaspoon curry powder
- ☐ 1 tablespoon ginger fresh minced peeled

- ☐ 0.5 teaspoon garam masala
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 0.8 cup onion chopped
- ☐ 1 cup onion vertically sliced
- ☐ 0.8 cup lentils dried red
- ☐ 4 ounce pizza dough fresh refrigerated leftover (from Spinach and Onion Pizza)
- ☐ 2 serrano chiles minced
- ☐ 4 cups pkt spinach loosely packed
- ☐ 1 teaspoon sugar
- ☐ 5 cups water divided

Equipment

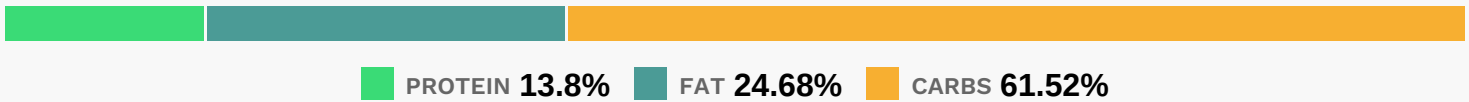
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ To prepare dal, combine 3 cups water and lentils in a bowl.
- ☐ Let stand 20 minutes; drain.
- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add 1 tablespoon oil; swirl to coat.

- ☐ Add the chopped onion; saut 3 minutes.
- ☐ Add ginger and next 6 ingredients (through serranos); saut for 30 seconds.
- ☐ Add lentils and remaining 2 cups water to pan. Bring to a boil; reduce heat, and simmer 23 minutes. Stir in spinach; cook 2 minutes or until spinach wilts.
- ☐ To prepare salad, combine 2 tablespoons oil, rind, juice, and sugar in a medium bowl, stirring with a whisk.
- ☐ Add carrot, sliced onion, and cilantro; toss to coat.
- ☐ To prepare flatbreads, shape each dough portion into a 5-inch circle on a lightly floured surface. Coat dough with cooking spray.
- ☐ Heat a grill pan over high heat.
- ☐ Add 2 dough portions to pan; cook 2 minutes on each side or until lightly charred. Repeat the procedure with remaining dough.
- ☐ Combine coriander and 1/4 teaspoon salt; sprinkle over hot flatbreads.
- ☐ Serve with rice, dal, and salad.

Nutrition Facts



Properties

Glycemic Index:86.63, Glycemic Load:9.22, Inflammation Score:-10, Nutrition Score:34.716087133988%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 18.33mg, Quercetin: 18.33mg, Quercetin: 18.33mg, Quercetin: 18.33mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 464.33kcal (23.22%), Fat: 13.07g (20.11%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 73.31g (24.44%), Net Carbohydrates: 54.7g (19.89%), Sugar: 13.19g (14.66%), Cholesterol: 0mg (0%), Sodium: 1070.35mg (46.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.89%), Vitamin A: 24519.13IU (490.38%), Vitamin K:

184.84µg (176.04%), Manganese: 1.7mg (84.82%), Fiber: 18.61g (74.43%), Folate: 275.3µg (68.82%), Vitamin B1: 0.53mg (35.32%), Vitamin C: 27.82mg (33.72%), Vitamin B6: 0.66mg (33.14%), Potassium: 1114.98mg (31.86%), Magnesium: 126.71mg (31.68%), Iron: 5.53mg (30.74%), Phosphorus: 306.9mg (30.69%), Vitamin E: 3.7mg (24.7%), Copper: 0.46mg (22.75%), Zinc: 2.84mg (18.95%), Vitamin B3: 3.64mg (18.2%), Selenium: 10.62µg (15.17%), Vitamin B2: 0.26mg (15.13%), Vitamin B5: 1.46mg (14.63%), Calcium: 137.19mg (13.72%)