



Red Lentil Pate

 Vegetarian  Vegan  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaf
- 0.5 teaspoon ground caraway seeds
- 0.1 teaspoon cayenne pepper
- 3 garlic cloves finely chopped
- 1 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.5 juice of lemon freshly squeezed
- 1 teaspoon kosher salt

- 3 tablespoons olive oil extra-virgin
- 1 small onion finely chopped
- 0.3 cup pinenuts
- 6 servings pita toasts
- 1 cup lentils red rinsed
- 1 tablespoon tomato paste
- 4 cups water
- 6 servings crudite
- 6 servings crudite

Equipment

- food processor
- bowl
- frying pan
- sauce pan

Directions

- In a 3-quart saucepan over high heat, combine the lentils with 4 cups water and bring it to a boil. Skim and discard any foam and add the bay leaf. Reduce the heat to low, cover the pan, and simmer until the lentils are tender, about 30 minutes; drain.
- While the lentils simmer, in a small saute pan over medium heat, warm the oil.
- Add the onion and pine nuts and cook until the onion softens and the pine nuts begin to color, about 5 to 7 minutes. Stir in the garlic, tomato paste, coriander, caraway, cumin, cayenne, and salt. Continue to cook for 5 minutes. Stir in the lemon juice, scraping up any browned bits on the bottom of the pan.
- Remove from the heat.
- In a food processor, add the lentils and onion mixture and puree until smooth.
- Transfer to a serving bowl and serve at once. May be covered and chilled and served cold.
- Serve with pita toasts or crudite.

Nutrition Facts

PROTEIN 14.76% FAT 30.8% CARBS 54.44%

Properties

Glycemic Index:43.43, Glycemic Load:31.81, Inflammation Score:-6, Nutrition Score:16.711304312167%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 384.25kcal (19.21%), Fat: 13.29g (20.44%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 41.6g (15.13%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 719.97mg (31.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.64%), Manganese: 1.39mg (69.71%), Fiber: 11.24g (44.97%), Folate: 162.88µg (40.72%), Vitamin B1: 0.45mg (30.13%), Phosphorus: 244.12mg (24.41%), Iron: 3.84mg (21.32%), Copper: 0.4mg (20%), Magnesium: 76.61mg (19.15%), Zinc: 2.49mg (16.63%), Vitamin E: 2mg (13.33%), Potassium: 461.67mg (13.19%), Vitamin B3: 2.44mg (12.22%), Vitamin B6: 0.23mg (11.51%), Vitamin K: 10.18µg (9.69%), Vitamin B5: 0.92mg (9.18%), Vitamin B2: 0.15mg (8.62%), Calcium: 82.97mg (8.3%), Vitamin C: 4.42mg (5.36%), Selenium: 3.08µg (4.4%), Vitamin A: 76.15IU (1.52%)