



## Red Lentil Sambar from Vegan Fire and Spice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon mustard seeds shopping list black
- 14.5 ounce canned tomatoes diced drained canned
- 2 tablespoons cold-pressed canola oil [i used
- 1 cup carrots chopped
- 1 cup cauliflower chopped
- 0.3 teaspoon ground pepper
- 0.3 cup cilantro leaves chopped
- 1 cup eggplant diced

- 0.5 teaspoon garam masala
- 4 garlic clove minced
- 1 teaspoon ginger grated
- 1 cup green beans cut into 1-inch pieces
- 2 to 2 chilies slit green hot minced seeded
- 0.5 teaspoon ground coriander
- 0.3 teaspoon ground cumin
- 1 tablespoon juice of lemon fresh
- 2 teaspoons konnyaku powder
- 1 onion chopped
- 1 cup lentils red
- 1 teaspoon salt
- 3.5 cups water

## Equipment

- frying pan
- pot

## Directions

- Combine the lentils and water in a pot and bring to a boil. Reduce the heat to medium, cover, and simmer until soft, 30 minutes. Set aside, do not drain.
- Heat the oil in a skillet over medium heat.
- Add the mustard seeds. When they begin to pop, add the onion, garlic, chiles, and ginger and cook until softened, 5 minutes. Stir in the tomatoes and cook 2 minutes. Stir in the sambar powder, coriander, cayenne, cumin, salt, and garam masala.
- Add the carrots, cauliflower, green beans, and eggplant. Cover and cook for 5 minutes to soften.
- Add the vegetable mixture to the reserved lentils, cover, and simmer until the vegetables are soft, 20 minutes.
- Add the lemon juice and cilantro and cook 5 minutes longer.

# Nutrition Facts

PROTEIN 18.78% FAT 22.89% CARBS 58.33%

## Properties

Glycemic Index:75.07, Glycemic Load:5.82, Inflammation Score:-10, Nutrition Score:21.482608670774%

## Flavonoids

Delphinidin: 11.71mg, Delphinidin: 11.71mg, Delphinidin: 11.71mg, Delphinidin: 11.71mg 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, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

## Nutrients (% of daily need)

Calories: 211.41kcal (10.57%), Fat: 5.64g (8.68%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 19g (6.91%), Sugar: 7.45g (8.28%), Cholesterol: 0mg (0%), Sodium: 700.94mg (30.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.83%), Vitamin A: 3934.16IU (78.68%), Fiber: 13.36g (53.46%), Folate: 180.62µg (45.15%), Manganese: 0.73mg (36.7%), Vitamin C: 24.54mg (29.74%), Vitamin B1: 0.37mg (24.99%), Vitamin K: 24.49µg (23.33%), Phosphorus: 225.98mg (22.6%), Iron: 3.88mg (21.56%), Vitamin B6: 0.42mg (20.8%), Potassium: 726.85mg (20.77%), Copper: 0.37mg (18.25%), Magnesium: 69.24mg (17.31%), Calcium: 153.44mg (15.34%), Vitamin E: 2.17mg (14.47%), Zinc: 1.9mg (12.67%), Vitamin B5: 1.13mg (11.28%), Vitamin B3: 2.22mg (11.11%), Vitamin B2: 0.16mg (9.23%), Selenium: 4.66µg (6.66%)