



Red Lentils



Vegetarian



Gluten Free

READY IN



51 min.

SERVINGS



10

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups brown lentils red rinsed
- ☐ 2 tablespoons butter
- ☐ 14.5 oz canned tomatoes diced with garlic and onion canned
- ☐ 28 oz chicken broth fat-free reduced-sodium canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground turmeric

- ☐ 0.3 teaspoon pepper
- ☐ 10 servings salt to taste
- ☐ 0.5 onion diced sweet

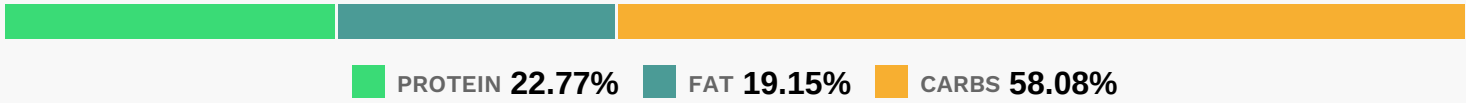
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add onion and garlic, and saut 6 minutes or until onion is tender.
- ☐ Add broth and next 5 ingredients. Bring to a boil; reduce heat to low, and simmer, uncovered, stirring occasionally, 30 minutes or until lentils are tender. Stir in basil and salt to taste.
- ☐ *2 (14-oz.) cans vegetable broth may be substituted.

Nutrition Facts



Properties

Glycemic Index:25.46, Glycemic Load:2.72, Inflammation Score:-8, Nutrition Score:10.608260911444%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 129.2kcal (6.46%), Fat: 2.83g (4.36%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 11g (4%), Sugar: 3.27g (3.63%), Cholesterol: 6.02mg (2.01%), Sodium: 593.92mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.15%), Fiber: 8.33g (33.32%), Folate: 125.49µg (31.37%), Manganese: 0.46mg (23.04%), Vitamin B1: 0.26mg (17.08%), Iron: 2.65mg (14.74%), Phosphorus: 138.28mg (13.83%), Vitamin B6: 0.24mg (12.11%), Copper: 0.23mg (11.62%), Potassium: 405.42mg (11.58%), Magnesium: 41.17mg (10.29%), Zinc: 1.33mg (8.85%), Vitamin B3: 1.62mg (8.09%), Vitamin B5: 0.75mg (7.52%), Vitamin C: 6.15mg (7.45%), Selenium: 4.28µg (6.12%), Vitamin K: 6.24µg (5.94%), Vitamin B2: 0.1mg (5.61%), Vitamin E: 0.71mg (4.75%),

Vitamin A: 201.18IU (4.02%), Calcium: 39.26mg (3.93%), Vitamin B12: 0.16µg (2.73%)