



HEALTH SCORE

100%

Red Lentils and Kale with Miso



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 celery stalks chopped



6 sage leaves fresh finely chopped for garnish



3 cloves garlic chopped



1 bunch kale stemmed chopped



1 sheet nori seaweed julienned for garnish



1 cup lentils dried red rinsed



2 cups roma tomatoes chopped



6 servings salt and pepper black freshly ground

- ☐ 1 sweet potatoes and into peeled chopped
- ☐ 1 tablespoon miso white
- ☐ 1 onion yellow chopped

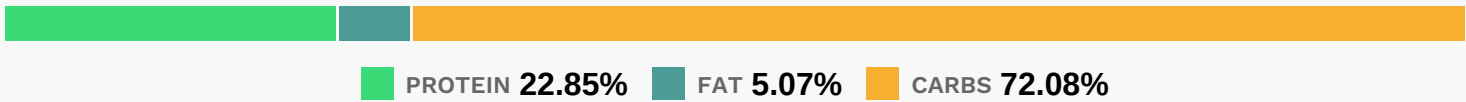
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Place the lentils in a large saucepan and cover with 1 1/2 cups of the broth. Bring to a simmer over medium heat and cook, uncovered, until the lentils are tender, about 25 minutes. Stir in the garlic, sweet potato, celery, onion, tomatoes, and the remaining 2 1/2 cups of broth. Continue to cook, uncovered, for about 20 minutes, or until the sweet potato is tender. Stir in the miso, kale, and sage. Season to taste with salt and pepper, ladle into bowls, garnish with the nori, and serve.
- ☐ Reprinted with permission from The Alzheimer's Prevention Cookbook: Recipes to Boost Brain Health by Dr. Marwan Sabbagh and Beau MacMillan, © 201
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Nutrition Facts



Properties

Glycemic Index:55.77, Glycemic Load:7.63, Inflammation Score:-10, Nutrition Score:24.87478281266%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg, Isorhamnetin: 6.03mg Kaempferol: 10.34mg, Kaempferol: 10.34mg, Kaempferol: 10.34mg, Kaempferol: 10.34mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg Gallocatechin: 0.04mg,

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Nutrients (% of daily need)

Calories: 175.89kcal (8.79%), Fat: 1.02g (1.57%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 20.03g (7.28%), Sugar: 5.42g (6.02%), Cholesterol: 0mg (0%), Sodium: 145.9mg (6.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.73%), Vitamin A: 8208.07IU (164.16%), Vitamin K: 94.41µg (89.91%), Fiber: 12.66g (50.65%), Folate: 178.28µg (44.57%), Vitamin C: 35.29mg (42.78%), Manganese: 0.82mg (41.21%), Vitamin B1: 0.36mg (24%), Copper: 0.42mg (21%), Potassium: 720.92mg (20.6%), Phosphorus: 196.7mg (19.67%), Vitamin B6: 0.38mg (19.19%), Iron: 3.21mg (17.84%), Magnesium: 65.8mg (16.45%), Zinc: 1.89mg (12.63%), Vitamin B2: 0.19mg (11.32%), Vitamin B5: 1.08mg (10.81%), Calcium: 101.1mg (10.11%), Vitamin B3: 1.78mg (8.92%), Vitamin E: 0.83mg (5.52%), Selenium: 3.43µg (4.9%)