



WHATSHEATE



HEALTH SCORE

100%

Red Quinoa and Lentil Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1691 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.3 cup marcona almonds coarsely chopped



1 bay leaf



1 carrots minced



1 pound cauliflower grated



1 rib celery minced



2 tablespoons coconut oil



1 cup green lentils french rinsed



0.3 cup flat-leaf parsley chopped

- ☐ 1 garlic clove
- ☐ 0.3 onion
- ☐ 1 serving pepper freshly ground
- ☐ 0.5 cup quinoa red rinsed
- ☐ 1 serving salt
- ☐ 1 shallots minced
- ☐ 1 thyme sprig
- ☐ 1 cup vegetable stock

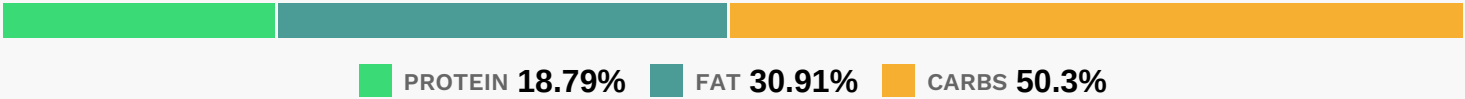
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Put the lentils in a medium saucepan and cover with cold water.
- ☐ Add the bay leaf, thyme sprig, garlic and onion and bring to a boil. Simmer over moderately low heat until the lentils are tender, about 18 minutes.
- ☐ Drain and discard the bay leaf, thyme, garlic and onion. Wipe out the pot.
- ☐ Add 1 tablespoon of the coconut oil to the saucepan.
- ☐ Add the shallot, celery and carrot and cook over low heat until softened, about 8 minutes.
- ☐ Add the quinoa and cook, stirring, for about 2 minutes.
- ☐ Add the stock, season with salt and pepper and bring to a boil. Cover and cook over low heat until the grains are tender and plump and the liquid is absorbed, about 18 minutes. Cover and let stand for 5 minutes.
- ☐ In a large nonstick skillet, heat the remaining 1 tablespoon of coconut oil.
- ☐ Add the cauliflower and cook over moderately high heat until lightly browned in spots, about 5 minutes. In a large bowl, toss the lentils with the quinoa, cauliflower, parsley and almonds. Season with salt and pepper and serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:408.43, Glycemic Load:24.13, Inflammation Score:-10, Nutrition Score:79.014347905698%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 32.51mg, Apigenin: 32.51mg, Apigenin: 32.51mg, Apigenin: 32.51mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg, Gallocatechin: 0.27mg

Nutrients (% of daily need)

Calories: 1690.53kcal (84.53%), Fat: 60.36g (92.86%), Saturated Fat: 26.47g (165.42%), Carbohydrates: 220.94g (73.65%), Net Carbohydrates: 137.66g (50.06%), Sugar: 22.83g (25.37%), Cholesterol: 0mg (0%), Sodium: 1342.15mg (58.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.56g (165.13%), Folate: 1404.81µg (351.2%), Fiber: 83.28g (333.13%), Manganese: 6.38mg (319.17%), Vitamin K: 334.94µg (318.99%), Vitamin C: 257.28mg (311.85%), Vitamin A: 12102.62IU (242.05%), Phosphorus: 1742.41mg (174.24%), Vitamin B1: 2.39mg (159.62%), Magnesium: 624mg (156%), Iron: 23.8mg (132.23%), Vitamin B6: 2.61mg (130.55%), Potassium: 4442.36mg (126.92%), Copper: 2.27mg (113.26%), Vitamin E: 16.15mg (107.65%), Zinc: 15.04mg (100.29%), Vitamin B2: 1.56mg (91.92%), Vitamin B5: 8.37mg (83.73%), Vitamin B3: 11.24mg (56.21%), Calcium: 443.45mg (44.34%), Selenium: 28.79µg (41.13%)