



 **100%**
HEALTH SCORE

Rice and Lentil Stew with Olive Gremolata

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 ounce calamata olives pitted chopped
- 0.5 teaspoon pepper red crushed
- 0.5 cup green lentils french italian
- 0.8 cup flat-leaf parsley chopped
- 2 garlic cloves minced
- 1 tablespoon lemon zest finely grated
- 1 tablespoon olive oil extra-virgin

- 1 medium onion finely chopped
- 1.5 cups peas frozen
- 6.5 ounces rice medium-grain italian such as arborio
- 4 cups romaine lettuce coarsely chopped ()
- 4 servings salt
- 1 shallots minced
- 2 thyme sprigs
- 2 quarts water

Equipment

- bowl
- sauce pan
- ladle

Directions

- In a medium saucepan, bring 2 cups of the water to a boil.
- Add the lentils, cover and cook over low heat, stirring occasionally, until almost tender, about 30 minutes.
- Add a large pinch of salt and simmer until tender, about 3 minutes longer.
- Drain the lentils and spread them on a plate to cool.
- Heat the olive oil in a medium, enameled cast-iron casserole.
- Add the onion and shallot and cook over low heat, stirring, until softened, about 5 minutes.
- Add 2 cups of the water, 1/4 cup of the parsley, the thyme, bay leaf and a pinch of salt and bring to a boil. Cover and simmer over moderately low heat for 15 minutes.
- Add the peas, rice and the remaining 1 quart of water. Cover and cook over moderately low heat, stirring occasionally, until the rice is tender, about 20 minutes.
- Meanwhile, in a small bowl, toss the olives with the garlic, lemon zest and the remaining 1/2 cup of parsley. Season the gremolata with salt.
- Gently stir the lentils into the stew.

- Add the romaine and crushed red pepper, cover and cook over low heat until the lettuce is wilted, about 3 minutes. Season with salt. Discard the thyme sprigs and bay leaf. Ladle the stew into bowls, top with the olive gremolata and serve.
- Wine Recommendation: The salty olives and earthy lentils in this stew call for a big white (try the 1999 Regaleali Bianco from Sicily) or a light red with good acidity (such as the 2000 Antinori Santa Cristina).

Nutrition Facts



■ **PROTEIN 14.91%**
 ■ **FAT 13.7%**
 ■ **CARBS 71.39%**

Properties

Glycemic Index:78.73, Glycemic Load:33.78, Inflammation Score:-10, Nutrition Score:32.33043475773%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 366.67kcal (18.33%), Fat: 5.62g (8.64%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 65.86g (21.95%), Net Carbohydrates: 51.54g (18.74%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 349.11mg (15.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.52%), Vitamin K: 250.02µg (238.11%), Vitamin A: 5595.69IU (111.91%), Folate: 345.88µg (86.47%), Manganese: 1.2mg (60.25%), Fiber: 14.32g (57.29%), Vitamin C: 45.4mg (55.03%), Vitamin B1: 0.68mg (45.37%), Iron: 6.08mg (33.77%), Phosphorus: 247.15mg (24.71%), Copper: 0.47mg (23.41%), Vitamin B6: 0.43mg (21.53%), Magnesium: 81.41mg (20.35%), Vitamin B3: 4.07mg (20.34%), Potassium: 655.85mg (18.74%), Zinc: 2.72mg (18.14%), Selenium: 10.68µg (15.25%), Vitamin B5: 1.35mg (13.46%), Vitamin B2: 0.2mg (11.99%), Calcium: 93.91mg (9.39%), Vitamin E: 1.22mg (8.11%)