



Rice with Coconut and Lentils (Arroz con Coco y Lentejas)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



512 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups coconut milk
- ☐ 4 servings cilantro leaves fresh for serving
- ☐ 1 garlic clove crushed
- ☐ 0.5 cup lentils
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped

- ☐ 1 cup rice
- ☐ 4 servings salt
- ☐ 2 cups water

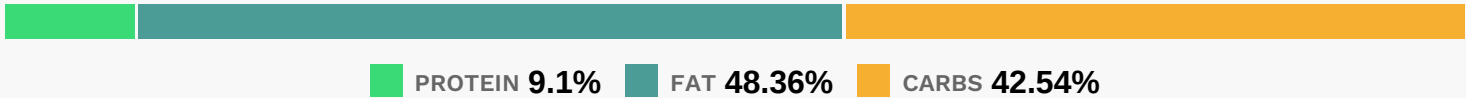
Equipment

- ☐ pot

Directions

- ☐ Rinsed and soak the lentils for 30 minutes.
- ☐ Heat the olive oil in a medium pot.
- ☐ Add the onions and cook until translucent, about 3 minutes.
- ☐ Add the garlic and cook for 2 minutes more.
- ☐ Add the lentils, bay leaf, salt and water. Cover and cook over medium heat for about 30-40 minutes or until the lentils are cooked and the water is absorbed.Discard the bay leaf, add the rice and stir until combined.
- ☐ Add the coconut milk and bring to a boil, then reduce the heat to low, cover the pot and let it simmer over low heat for 20 minutes.
- ☐ Garnish with fresh cilantro and serve.I would like to thank Sarah at Vazhayila and Pooja at Experiments in my kitchen for the awards.Kreativ BloggerI love your Blog
- ☐ One Lovely Blog

Nutrition Facts



Properties

Glycemic Index:67.95, Glycemic Load:27.36, Inflammation Score:-5, Nutrition Score:16.609565356503%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Quercetin: 2.1mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 512.3kcal (25.62%), Fat: 28.18g (43.35%), Saturated Fat: 21.98g (137.39%), Carbohydrates: 55.78g (18.59%), Net Carbohydrates: 47.66g (17.33%), Sugar: 0.98g (1.08%), Cholesterol: 0mg (0%), Sodium: 218.8mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.87%), Manganese: 1.72mg (85.93%), Folate: 136.51µg (34.13%), Iron: 5.98mg (33.2%), Fiber: 8.12g (32.47%), Phosphorus: 274.03mg (27.4%), Copper: 0.5mg (25.19%), Magnesium: 95.25mg (23.81%), Vitamin B1: 0.27mg (18.19%), Potassium: 549.32mg (15.69%), Zinc: 2.32mg (15.49%), Selenium: 9.13µg (13.05%), Vitamin B6: 0.26mg (12.95%), Vitamin B5: 1.17mg (11.73%), Vitamin B3: 2.1mg (10.52%), Calcium: 54.37mg (5.44%), Vitamin B2: 0.08mg (4.53%), Vitamin E: 0.68mg (4.52%), Vitamin C: 3.2mg (3.88%), Vitamin K: 3.72µg (3.54%)