



Rosemary & garlicky lentils



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 tbsp rosemary finely chopped
- ☐ 2 garlic clove crushed
- ☐ 800 g lentils drained canned
- ☐ 0.5 juice of lemon

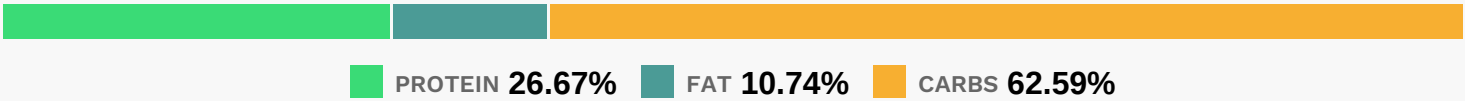
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a medium pan. Fry the rosemary and garlic for 1-2 mins until fragrant. Tip in the lentils and cook for a few mins until heated through.
- ☐ Add the lemon juice, season and serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:31.15, Glycemic Load:14.82, Inflammation Score:-10, Nutrition Score:45.143043269282%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg

Nutrients (% of daily need)

Calories: 773.67kcal (38.68%), Fat: 9.26g (14.25%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 121.44g (40.48%), Net Carbohydrates: 60.05g (21.84%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 12.85mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.75g (103.5%), Fiber: 61.39g (245.58%), Folate: 961.33µg (240.33%), Manganese: 2.7mg (135.05%), Vitamin B1: 1.75mg (116.94%), Phosphorus: 905.17mg (90.52%), Iron: 15.39mg (85.49%), Zinc: 9.61mg (64.04%), Magnesium: 246.41mg (61.6%), Vitamin B6: 1.11mg (55.73%), Potassium: 1927.83mg (55.08%), Copper: 1.05mg (52.38%), Vitamin B5: 4.29mg (42.94%), Vitamin B3: 5.23mg (26.16%), Vitamin B2: 0.43mg (25.16%), Selenium: 16.85µg (24.08%), Vitamin C: 11.22mg (13.61%), Vitamin K: 14.24µg (13.56%), Vitamin E: 1.99mg (13.3%), Calcium: 125.57mg (12.56%), Vitamin A: 104.17IU (2.08%)