



## Rosemary-Scented Lentils and Sausage

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup carrots minced (1 medium)
- 2 cups green lentils
- 4 cups fat-skimmed beef broth fat-free
- 2 teaspoons rosemary leaves fresh minced
- 2 garlic clove minced
- 1 Dash ground pepper red
- 0.5 pound turkey sausage italian

- 2 teaspoons olive oil
- 0.1 teaspoon paprika hot
- 0.5 teaspoon salt
- 1 tablespoon tomato paste
- 4 cups water
- 2 cups onion yellow minced ( 1 large)

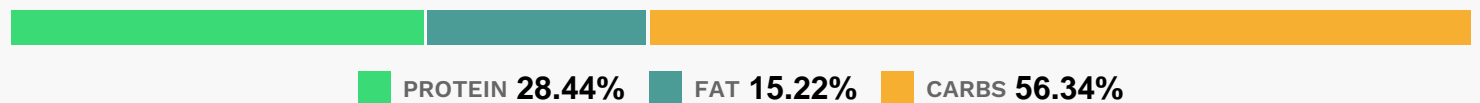
## Equipment

- frying pan
- sauce pan

## Directions

- Combine 4 cups water, broth, and lentils in a large saucepan over medium heat. Bring to a simmer. Cook 30 minutes or until almost tender.
- Heat oil in a saucepan over medium-high heat.
- Add onion, carrot, rosemary, and garlic to pan. Saut 10 minutes or until tender.
- Add sausage; cook 5 minutes, stirring to crumble.
- Add tomato paste and remaining ingredients; cook for 1 minute or until heated.
- Add sausage mixture to lentils; bring to a boil. Cook 30 minutes or until lentils are tender.

## Nutrition Facts



## Properties

Glycemic Index:42.07, Glycemic Load:6.38, Inflammation Score:-9, Nutrition Score:28.178260637366%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol:

0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg  
Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg Gallocatechin: 0.09mg,  
Galocatechin: 0.09mg, Galocatechin: 0.09mg, Galocatechin: 0.09mg

## **Nutrients (% of daily need)**

Calories: 333.29kcal (16.66%), Fat: 5.69g (8.75%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 47.35g (15.78%), Net  
Carbohydrates: 26.11g (9.49%), Sugar: 5.84g (6.49%), Cholesterol: 20.03mg (6.68%), Sodium: 1206.06mg (52.44%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Fiber: 21.24g (84.96%), Folate: 323.7µg (80.92%),  
Manganese: 1.01mg (50.7%), Iron: 8.94mg (49.65%), Vitamin B1: 0.63mg (42.11%), Phosphorus: 398.49mg (39.85%),  
Vitamin A: 1932.08IU (38.64%), Vitamin B6: 0.61mg (30.47%), Zinc: 4.06mg (27.06%), Selenium: 17.6µg (25.15%),  
Potassium: 876.78mg (25.05%), Magnesium: 98.88mg (24.72%), Vitamin C: 19.8mg (24%), Copper: 0.47mg  
(23.41%), Vitamin B3: 4.16mg (20.82%), Vitamin B5: 1.96mg (19.59%), Vitamin B2: 0.26mg (15.23%), Vitamin B12:  
0.47µg (7.75%), Calcium: 73.85mg (7.38%), Vitamin K: 6.13µg (5.84%), Vitamin E: 0.72mg (4.8%)