



Sack Lunch: Beluga Lentils and Broccoli Rabe



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 3 sprigs basil
- ☐ 1.5 cups skinned urad dal
- ☐ 1 chili peppers thinly sliced
- ☐ 3 cloves garlic thinly sliced
- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1.5 pounds broccoli rabe ends trimmed
- ☐ 0.3 cup red wine

- ☐ 1 teaspoon thyme leaves
- ☐ 0.5 cup onion diced white

Equipment

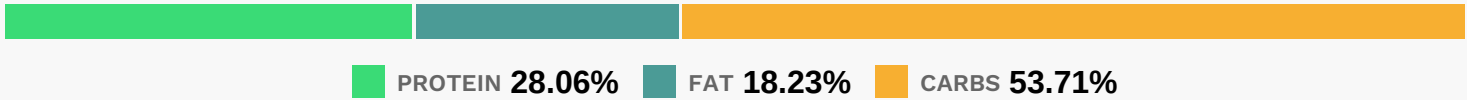
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Rinse the lentils and pick through them to remove any small stones.
- ☐ Heat a medium saucepan over medium heat for 2 minutes. Swirl in 2 tablespoons olive oil and wait a minute.
- ☐ Add the onion, thyme, chile, 1 teaspoon salt, and a pinch of pepper. Cook the onion, stirring often, until soft and translucent, about 5 minutes.
- ☐ Add the lentils and 1 teaspoon salt. Cook about 2 minutes, stirring to coat the lentils in the oil and vegetables. Reduce the heat to low and add the wine. Quickly add 6 cups water and bring to a boil over high heat. Turn down the heat and simmer 25–30 minutes, until the lentils are tender.
- ☐ Strain the lentils over a bowl. Toss them with the remaining 6 tablespoons olive oil, the basil sprigs, 1/2 teaspoon salt, and 1/3 cup of the cooking liquid. (
- ☐ Add more of the liquid if the lentils seem dry.) Taste for seasoning.
- ☐ Sautéed Rapini with Garlic and Chile
- ☐ Bring a large pot of heavily salted water to a boil.
- ☐ Blanch the rapini a couple of minutes in the rapidly boiling water, until just tender and al dente.
- ☐ Drain. Cool on a platter or baking sheet.
- ☐ Heat a large sauté pan over high heat for 2 minutes.
- ☐ Pour in 1/4 cup olive oil and add the garlic, shallots, thyme, and chile. Cook a few minutes, until the shallots are translucent.

- ☐ Add the rapini and 1 teaspoon salt. Stir well, coating the rapini with the other ingredients and bathing it in the oil.
- ☐ Drizzle the remaining 1/4 cup oil over the rapini and sauté 2 minutes, tossing often.
- ☐ Sprinkle another teaspoon salt and a pinch of black pepper over the rapini, toss, and taste for seasoning.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:19.488260932591%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 225.93kcal (11.3%), Fat: 4.6g (7.07%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 17.03g (6.19%), Sugar: 1.11g (1.23%), Cholesterol: 0mg (0%), Sodium: 41.85mg (1.82%), Alcohol: 1.06g (100%), Alcohol %: 0.65% (100%), Protein: 15.91g (31.83%), Vitamin K: 260.7µg (248.29%), Vitamin A: 3067.61IU (61.35%), Fiber: 13.43g (53.73%), Iron: 6.43mg (35.73%), Vitamin C: 27.2mg (32.97%), Manganese: 0.53mg (26.7%), Folate: 97.69µg (24.42%), Calcium: 162.69mg (16.27%), Vitamin E: 2.37mg (15.81%), Vitamin B1: 0.19mg (12.93%), Vitamin B6: 0.24mg (11.89%), Vitamin B2: 0.16mg (9.3%), Phosphorus: 92.45mg (9.24%), Potassium: 268.35mg (7.67%), Magnesium: 29.27mg (7.32%), Vitamin B3: 1.46mg (7.28%), Zinc: 0.94mg (6.29%), Vitamin B5: 0.4mg (3.99%), Copper: 0.07mg (3.28%), Selenium: 1.44µg (2.06%)