



Sesame Red Lentils



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon sesame oil dark
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 cup green onions thinly sliced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 teaspoons vegetable oil; peanut oil preferred
- ☐ 2 cups lentils dried red
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sesame seed toasted

- ☐ 0.5 cup shallots finely chopped (4 medium)
- ☐ 1.5 cups water

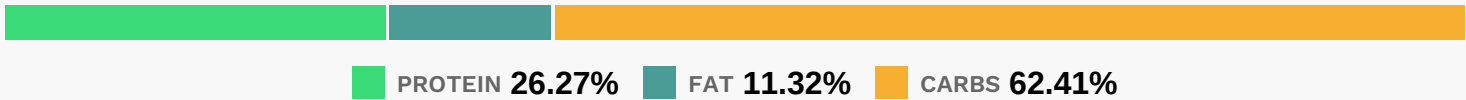
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oils in a medium saucepan over medium heat.
- ☐ Add shallots; cook 3 minutes or until tender.
- ☐ Add lentils, 1 1/2 cups water, soy sauce, salt, and broth; bring to a boil. Cover, reduce heat, and simmer for 20 minutes or until lentils are tender, stirring occasionally. Stir in green onions.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:4.33, Inflammation Score:-7, Nutrition Score:17.735217503879%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 207.34kcal (10.37%), Fat: 2.64g (4.06%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 17.18g (6.25%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 428.57mg (18.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.58%), Fiber: 15.58g (62.34%), Folate: 246.17µg (61.54%), Manganese: 0.75mg (37.44%), Vitamin B1: 0.45mg (29.85%), Vitamin K: 28.47µg (27.11%), Phosphorus: 248.36mg (24.84%), Iron: 4.25mg (23.62%), Magnesium: 71.38mg (17.84%), Vitamin B6: 0.34mg (16.95%), Zinc: 2.53mg (16.84%), Copper: 0.33mg (16.59%), Potassium: 575.95mg (16.46%), Vitamin B5: 1.15mg (11.52%), Vitamin B3: 1.71mg (8.57%), Selenium: 5.69µg (8.13%), Vitamin B2: 0.14mg (8.04%), Vitamin C: 5.64mg (6.84%), Calcium: 55.66mg (5.57%), Vitamin E: 0.49mg (3.29%), Vitamin A: 144.03IU (2.88%), Vitamin B12: 0.1µg (1.65%)