



Spanish-Style Lentils and Rice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon chili powder
- 1 cup lentils dried
- 0.3 teaspoon garlic powder
- 1 bell pepper diced green
- 0.5 teaspoon ground cumin
- 1 medium onion diced
- 10 ounce rotel mexican festival tomatoes diced canned
- 1 teaspoon salt

- 4 ounces sharp cheddar cheese shredded
- 3.5 cups water
- 1 cup rice long-grain white uncooked

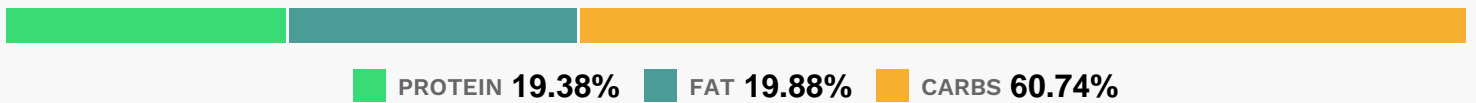
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Bring first 4 ingredients to a boil in a medium saucepan; reduce heat, cover, and simmer 20 to 25 minutes or until lentils are tender.
- Saut onion and bell pepper in a large lightly greased nonstick skillet over medium-high heat until tender.
- Add cumin, chili powder, and garlic powder; cook, stirring constantly, 2 minutes.
- Stir onion mixture and tomatoes into rice mixture, and spoon into a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 15 minutes; top evenly with Cheddar cheese, and bake 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:17.73, Inflammation Score:-7, Nutrition Score:17.573913014453%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 323.45kcal (16.17%), Fat: 7.14g (10.99%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 49.11g (16.37%), Net Carbohydrates: 37.74g (13.72%), Sugar: 3.15g (3.5%), Cholesterol: 18.9mg (6.3%), Sodium: 530.69mg (23.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.67g (31.34%), Fiber: 11.37g (45.48%), Manganese: 0.86mg (42.89%), Folate: 169.08µg (42.27%), Phosphorus: 286.45mg (28.64%), Vitamin C: 23.12mg (28.02%), Vitamin B1: 0.35mg (23.3%), Iron: 3.4mg (18.91%), Calcium: 187.6mg (18.76%), Selenium: 12.87µg (18.39%), Zinc: 2.72mg (18.11%), Vitamin B6: 0.36mg (18.08%), Copper: 0.32mg (15.96%), Magnesium: 63.21mg (15.8%), Potassium: 513.72mg (14.68%), Vitamin B2: 0.2mg (12.04%), Vitamin B5: 1.18mg (11.76%), Vitamin B3: 1.82mg (9.09%), Vitamin A: 382.42IU (7.65%), Vitamin E: 0.8mg (5.34%), Vitamin K: 5.18µg (4.93%), Vitamin B12: 0.2µg (3.34%)