



Spiced Black Lentils with Yogurt and Mint



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup skinned urad dal black
- ☐ 0.5 teaspoon coriander seeds crushed
- ☐ 0.5 teaspoon cumin seeds crushed
- ☐ 0.3 cup mint leaves fresh thinly sliced
- ☐ 2 garlic clove finely chopped
- ☐ 4 servings pepper freshly ground
- ☐ 3 cups vegetable broth low-sodium ()
- ☐ 0.5 teaspoon mustard seeds

- ☐ 2 tablespoons olive oil plus more
- ☐ 1 small onion finely chopped
- ☐ 1 cup greek yogurt plain
- ☐ 1 teaspoon red wine vinegar

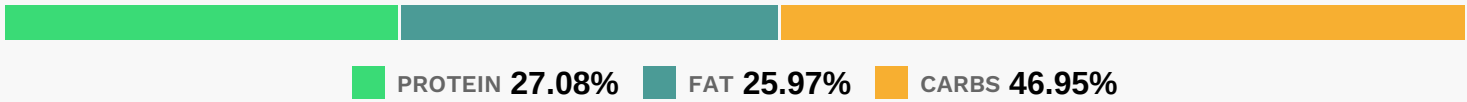
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Stir coriander, cumin, mustard seeds, and 2 tablespoons oil in a medium saucepan over medium-high heat until sizzling, about 1 minute.
- ☐ Add onion and garlic; cook, stirring often, until just softened, about 5 minutes.
- ☐ Add lentils and 3 cups broth; bring to a boil. Reduce heat and simmer, partially covered, adding broth as needed to keep lentils covered, until lentils are soft, 30–40 minutes. Stir in vinegar; season with salt and pepper.
- ☐ Transfer lentils to a large bowl and top with yogurt. Season with salt and pepper, drizzle with oil, and top with mint.
- ☐ DO AHEAD: Lentils can be cooked 2 days ahead.
- ☐ Let cool; cover and chill.
- ☐ Per serving: 280 calories, 10 g fat, 8 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 23.5, Glycemic Load: 0.52, Inflammation Score: -3, Nutrition Score: 7.0286955418794%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 270.91kcal (13.55%), Fat: 7.88g (12.12%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 20.53g (7.46%), Sugar: 3.18g (3.53%), Cholesterol: 2.5mg (0.83%), Sodium: 23.64mg (1.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.48g (36.97%), Fiber: 11.51g (46.05%), Iron: 4.32mg (23.98%), Calcium: 104.76mg (10.48%), Vitamin B2: 0.16mg (9.24%), Selenium: 6.11µg (8.73%), Phosphorus: 83.06mg (8.31%), Vitamin E: 1.05mg (6.97%), Manganese: 0.12mg (6.04%), Vitamin C: 4.86mg (5.89%), Vitamin B12: 0.35µg (5.83%), Vitamin K: 4.51µg (4.29%), Vitamin B6: 0.08mg (3.9%), Potassium: 130.36mg (3.72%), Magnesium: 13.22mg (3.31%), Folate: 10.73µg (2.68%), Zinc: 0.39mg (2.61%), Vitamin A: 128.3IU (2.57%), Vitamin B5: 0.21mg (2.1%), Vitamin B1: 0.03mg (1.98%), Copper: 0.04mg (1.88%), Vitamin B3: 0.22mg (1.1%)