



HEALTH SCORE

61%

Spiced green lentil ragoût



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 large onion diced red finely (450g 1lb)
- ☐ 3 garlic clove crushed finely chopped
- ☐ 1 to 5 chilies red seeded finely chopped
- ☐ 0.5 tsp turmeric
- ☐ 1 small cinnamon sticks
- ☐ 1 star anise whole
- ☐ 4 cardamom black crushed (retaining the seeds inside)

- ☐ 250 g lentils rinsed
- ☐ 700 ml vegetable stock hot
- ☐ 1 large tomatoes
- ☐ 1 large handful cilantro leaves fresh chopped
- ☐ 1 large handful parsley fresh chopped

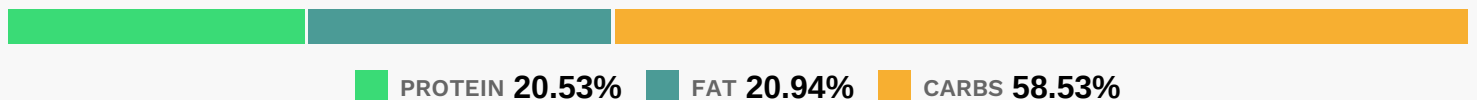
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the oil in a large, heavy saucepan or cast-iron casserole set over a low to medium heat. Tip in the onions, garlic and chilli and stir well. Gently cook for 10–15 minutes, stirring occasionally, until the onions are soft and very lightly coloured.
- ☐ Stir all the spices into the onion mixture and gently fry for 1–2 minutes.
- ☐ Add the lentils and stock, then bring to the boil, uncovered, over a raised heat. Reduce to a steady simmer and cook for 15–20 minutes, adding a generous pinch of sea salt halfway through.
- ☐ Meanwhile, put the tomato into a mug or heatproof bowl, cover with boiling water and leave for 1 minute. Run under cold water, then strip off the skin. Halve the tomato, flick out the seeds, then chop the flesh into a rough mush and set aside.
- ☐ When the lentils are just tender but the consistency of the mixture is still sloppy and juicy (add more stock or water if necessary), remove the pan from the heat and fish out as many of the spices as possible. Season with black pepper, check to see if more salt is needed, then stir in the tomato and the herbs.

Nutrition Facts



Properties

Glycemic Index:48.93, Glycemic Load:5.2, Inflammation Score:-9, Nutrition Score:18.417825906173%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 226.68kcal (11.33%), Fat: 5.4g (8.3%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 33.93g (11.31%), Net Carbohydrates: 19.3g (7.02%), Sugar: 4.63g (5.14%), Cholesterol: 0mg (0%), Sodium: 471.12mg (20.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.8%), Manganese: 1.17mg (58.62%), Fiber: 14.63g (58.51%), Folate: 214.42µg (53.6%), Vitamin B1: 0.4mg (26.99%), Vitamin C: 21.4mg (25.94%), Phosphorus: 216.03mg (21.6%), Iron: 3.85mg (21.42%), Vitamin K: 21.72µg (20.68%), Vitamin B6: 0.36mg (17.99%), Potassium: 585.18mg (16.72%), Magnesium: 64.48mg (16.12%), Zinc: 2.28mg (15.2%), Vitamin A: 691.41IU (13.83%), Copper: 0.27mg (13.74%), Vitamin B5: 1mg (9.98%), Vitamin E: 1.14mg (7.61%), Vitamin B3: 1.47mg (7.33%), Vitamin B2: 0.12mg (6.88%), Selenium: 3.93µg (5.62%), Calcium: 52.34mg (5.23%)