



Spiced Lentils and Poached Eggs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon curry powder
- ☐ 4 large eggs
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red

- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 cup greek yogurt plain low-fat
- ☐ 1 cup lentils dried red
- ☐ 0.5 teaspoon salt divided
- ☐ 1 cup tomatoes chopped
- ☐ 3 cups water
- ☐ 1 tablespoon vinegar white

Equipment

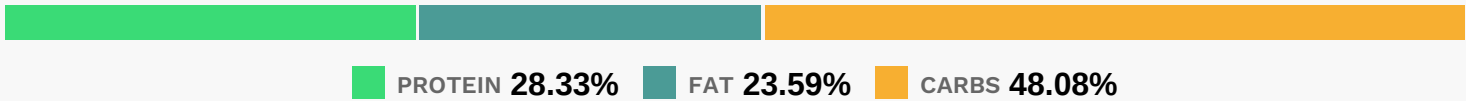
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Combine first 3 ingredients in a large saucepan. Bring to a boil. Cover, reduce heat, and simmer 20 minutes or until lentils are tender.
- ☐ Drain; discard bay leaf.
- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and tomato; saut 8 minutes or until onion is tender.
- ☐ Add curry, cumin, 1/4 teaspoon salt, red pepper, and garlic; saut 2 minutes.
- ☐ Add lentils; cook 1 minute.
- ☐ Remove from heat.
- ☐ Add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; simmer.
- ☐ Add vinegar to pan. Break eggs into custard cups. Gently pour eggs into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs from pan using a slotted spoon.
- ☐ Place about 3/4 cup lentil mixture on each of 4 plates; top each serving with 1 poached egg.

Sprinkle evenly with remaining 1/4 teaspoon salt and black pepper. Top each serving with 1 tablespoon yogurt and 1 1/2 teaspoons cilantro.

Nutrition Facts



Properties

Glycemic Index:68.9, Glycemic Load:4.8, Inflammation Score:-8, Nutrition Score:22.049130398294%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 296.63kcal (14.83%), Fat: 7.78g (11.97%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 19.66g (7.15%), Sugar: 4.43g (4.93%), Cholesterol: 186.82mg (62.27%), Sodium: 383.55mg (16.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.02g (42.05%), Folate: 267.67µg (66.92%), Fiber: 16.02g (64.09%), Manganese: 0.81mg (40.38%), Phosphorus: 340.2mg (34.02%), Vitamin B1: 0.48mg (31.68%), Selenium: 19.77µg (28.24%), Iron: 4.97mg (27.6%), Vitamin B6: 0.44mg (22.01%), Zinc: 3.13mg (20.86%), Vitamin B2: 0.35mg (20.68%), Potassium: 691.29mg (19.75%), Magnesium: 76.79mg (19.2%), Vitamin B5: 1.88mg (18.83%), Copper: 0.36mg (18.07%), Vitamin A: 656.32IU (13.13%), Vitamin C: 10.59mg (12.84%), Calcium: 95.99mg (9.6%), Vitamin E: 1.4mg (9.31%), Vitamin B3: 1.59mg (7.97%), Vitamin K: 8.25µg (7.86%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)