



Spiced Lentils and Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cup brown rice good (brown basmati is)
- 2 cinnamon sticks
- 0.5 tsp cumin
- 0.3 tsp pepper black
- 0.8 cup lentils
- 0.3 cup parsley minced
- 1 tsp salt

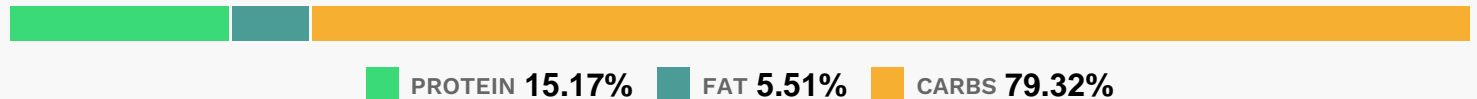
Equipment

rice cooker

Directions

Add water according to your rice cooker's instruction manual or use 4 cups of water. Stir and set to Cook. When the cooker shuts off, check to make sure both rice and lentils are tender and no water remains. If they are not tender, add 1/4 cup more water and restart. (This shouldn't be necessary, but rice cookers do vary.) When done, remove the cinnamon and cloves, fluff the rice, and add the minced parsley. Stir in a squeeze of lemon juice, if you like.

Nutrition Facts



Properties

Glycemic Index:26.23, Glycemic Load:22.11, Inflammation Score:-6, Nutrition Score:17.856956580411%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 261.29kcal (13.06%), Fat: 1.6g (2.46%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 51.83g (17.28%), Net Carbohydrates: 42.15g (15.33%), Sugar: 0.54g (0.6%), Cholesterol: 0mg (0%), Sodium: 392.73mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Manganese: 2.32mg (116.1%), Vitamin K: 42.71µg (40.68%), Fiber: 9.68g (38.7%), Folate: 128.36µg (32.09%), Vitamin B1: 0.41mg (27.28%), Magnesium: 99.92mg (24.98%), Phosphorus: 236.8mg (23.68%), Vitamin B6: 0.38mg (18.82%), Iron: 3.04mg (16.88%), Zinc: 2.16mg (14.43%), Vitamin B3: 2.73mg (13.64%), Copper: 0.27mg (13.33%), Vitamin B5: 1.24mg (12.38%), Potassium: 379.55mg (10.84%), Vitamin C: 4.44mg (5.38%), Calcium: 46.42mg (4.64%), Vitamin A: 225.97IU (4.52%), Vitamin B2: 0.07mg (4.39%), Selenium: 2.04µg (2.92%), Vitamin E: 0.17mg (1.13%)