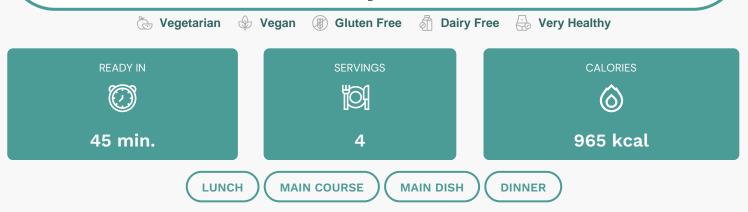


Spiced Red Lentils with Caramelized Onions and Spinach



Ingredients

4 cups brown basmati rice cooked
0.5 teaspoon cumin seeds
2 bay leaves dried
1 tablespoon ginger fresh minced
10 oz pkt spinach frozen thawed finely chopped cut in half; or use spinach (not baby)
2 garlic cloves minced
1 teaspoon ground coriander

	1 tsp kosher salt	
	1 cup lentils red rinsed drained well	
	0.5 serrano chile minced	
	0.5 teaspoon turmeric	
	3 tablespoons vegetable oil divided	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	pot	
Directions		
	Heat 2 tbsp. oil over medium heat in a large nonstick frying pan.	
	Add onions and a pinch of salt and cook, stirring occasionally, until browned and very soft with crisp edges, about 30 minutes.	
	Transfer half to a bowl and set aside.	
	Meanwhile, put lentils in a saucepan with 3 cups water and the bay leaves. Bring to a simmer over medium heat, uncovered, and skim foam. Simmer just until tender, 5 to 10 minutes (they'll fall apart a little).	
	Remove bay leaves and set lentils asidedon't drain.	
	Stir chile, ginger, coriander, turmeric, and 1 tsp. salt into pan of onions and cook over medium heat until fragrant, about 1 minute.	
	Add spinach and cook, stirring occasionally, until completely wilted, about 3 minutes. Stir onion-spinach mixture into pot of lentils and wipe frying pan clean.	
	Heat 1 tbsp. oil in pan over medium heat.	
	Add cumin and garlic and cook, stirring, until seeds are sizzling, about 1 minute; stir into lentils. Season with salt. Top lentils with reserved onion and serve over rice.	

Nutrition Facts

Properties

Glycemic Index:34.59, Glycemic Load:84.69, Inflammation Score:-10, Nutrition Score:49.550869817319%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Myricetin: 0.02mg, Myr

Nutrients (% of daily need)

Calories: 964.72kcal (48.24%), Fat: 16.37g (25.19%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 176.19g (58.73%), Net Carbohydrates: 153.55g (55.84%), Sugar: 1.46g (1.62%), Cholesterol: Omg (0%), Sodium: 645.38mg (28.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.7g (57.41%), Manganese: 8.28mg (414.13%), Vitamin K: 284.82µg (271.26%), Vitamin A: 8341.64IU (166.83%), Magnesium: 384.17mg (96.04%), Fiber: 22.64g (90.54%), Folate: 356.94µg (89.23%), Vitamin B1: 1.25mg (83.41%), Phosphorus: 746.49mg (74.65%), Vitamin B6: 1.36mg (68.18%), Vitamin B3: 9.79mg (48.94%), Iron: 8.57mg (47.64%), Copper: 0.88mg (44.03%), Zinc: 6.46mg (43.07%), Vitamin B5: 3.88mg (38.8%), Potassium: 1217.24mg (34.78%), Vitamin E: 3.14mg (20.91%), Vitamin B2: 0.34mg (20.08%), Calcium: 189.51mg (18.95%), Selenium: 8.37µg (11.96%), Vitamin C: 6.98mg (8.46%)