



Spiced Red Lentils with Caramelized Onions and Spinach



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



965 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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 aside--don'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



 PROTEIN **11.87%**  FAT **15.24%**  CARBS **72.89%**

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, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

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: 0mg (0%), Sodium: 645.38mg (28.06%), Alcohol: 0g (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%)