



 **100%**
HEALTH SCORE

Spiced rice & lentils with cauliflower

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tbsp unrefined sunflower oil
- 1 onion chopped
- 2 carrots chopped
- 200 g rice
- 50 g lentils red
- 3 tbsp miso
- 1 head cauliflower cut into florets
- 100 g pea-mond dressing frozen

- 9 servings cashew pieces toasted
- 4 servings yogurt
- 4 servings mango chutney

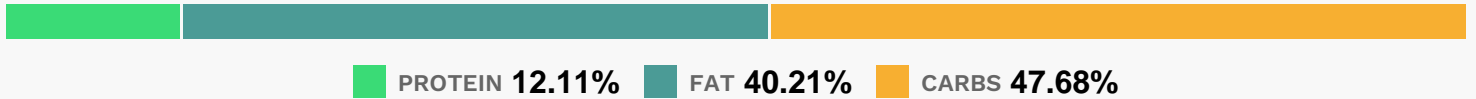
Equipment

- bowl
- frying pan

Directions

- Heat the oil in a pan, add the onion and carrots, then fry for 5 mins until lightly coloured. Stir in the rice and lentils, cook for 1 more min, add the curry paste and 900ml water, then bring to the boil. Cover, then simmer for 10 mins.
- Stir in the cauliflower, then cook for 10 mins more until the rice and lentils are tender.
- Add the peas 2 mins before cooking time is up, stirring through. Top with the nuts, then serve with yogurt and mango chutney in bowls.

Nutrition Facts



Properties

Glycemic Index:98.2, Glycemic Load:42.93, Inflammation Score:-10, Nutrition Score:44.214347725086%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 831.68kcal (41.58%), Fat: 38.51g (59.25%), Saturated Fat: 6.45g (40.31%), Carbohydrates: 102.75g (34.25%), Net Carbohydrates: 89.33g (32.48%), Sugar: 21.02g (23.36%), Cholesterol: 0.13mg (0.04%), Sodium: 560.05mg (24.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.22%), Manganese: 2.37mg

(118.28%), Vitamin A: 5116.59IU (102.33%), Copper: 1.88mg (93.88%), Vitamin C: 75.87mg (91.97%), Magnesium: 273.11mg (68.28%), Phosphorus: 660.07mg (66.01%), Folate: 230.4µg (57.6%), Fiber: 13.42g (53.68%), Vitamin K: 54.65µg (52.05%), Iron: 7.65mg (42.49%), Zinc: 6.22mg (41.46%), Vitamin B6: 0.83mg (41.26%), Vitamin B1: 0.6mg (40.05%), Potassium: 1303.16mg (37.23%), Selenium: 24.99µg (35.7%), Vitamin E: 4.02mg (26.78%), Vitamin B5: 2.59mg (25.87%), Vitamin B3: 3.15mg (15.75%), Vitamin B2: 0.26mg (15.38%), Calcium: 112.47mg (11.25%)