

Spicy Lentil Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon cayenne pepper
- ☐ 1 teaspoon cumin seeds
- ☐ 2 teaspoons curry powder
- ☐ 2 cloves garlic crushed
- ☐ 1 onion chopped
- ☐ 1 cup lentils red
- ☐ 1 tablespoon vegetable oil
- ☐ 2.5 cups water

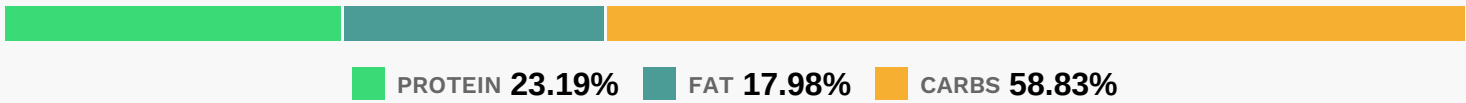
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a medium saucepan combine the lentils, onion and water. Cover and bring to a boil. Reduce heat to low and simmer for 25 minutes or until lentils are soft. Pass lentils through a food mill or blend them in a blender.
- ☐ Toast curry powder and cumin seeds in a small skillet over medium heat until fragrant.
- ☐ Add cayenne, oil and garlic.
- ☐ Saute for 1 minute.
- ☐ Stir spice mixture into lentils and serve.

Nutrition Facts



Properties

Glycemic Index:15.45, Glycemic Load:2.02, Inflammation Score:-4, Nutrition Score:7.8008695840836%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 104.23kcal (5.21%), Fat: 2.11g (3.25%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 8.2g (2.98%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 6.46mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.27%), Fiber: 7.36g (29.42%), Folate: 111.4µg (27.85%), Manganese: 0.36mg (18.15%), Vitamin B1: 0.21mg (13.85%), Iron: 2.07mg (11.48%), Phosphorus: 110.15mg (11.02%), Magnesium: 32.22mg (8.06%), Vitamin B6: 0.16mg (7.94%), Zinc: 1.15mg (7.68%), Potassium: 253.92mg (7.25%), Copper: 0.14mg

(7.16%), Vitamin B5: 0.5mg (5.03%), Vitamin K: 4.98µg (4.74%), Vitamin B2: 0.06mg (3.29%), Vitamin B3: 0.65mg (3.26%), Selenium: 2.16µg (3.08%), Vitamin C: 2.46mg (2.98%), Vitamin E: 0.43mg (2.85%), Calcium: 24.33mg (2.43%), Vitamin A: 95.24IU (1.9%)