



Spinach and Coconut Dal



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp chilli powder
- ☐ 400 ml coconut milk
- ☐ 1 handful coriander fresh
- ☐ 1 tsp ground coriander
- ☐ 2 tsp ground cumin
- ☐ 1 tsp ground ginger
- ☐ 4 servings grinding of pepper black good
- ☐ 400 g lentils red

- ☐ 200 g pkt spinach chopped
- ☐ 1 tsp turmeric
- ☐ 600 ml vegetable stock (3 stock cubes)

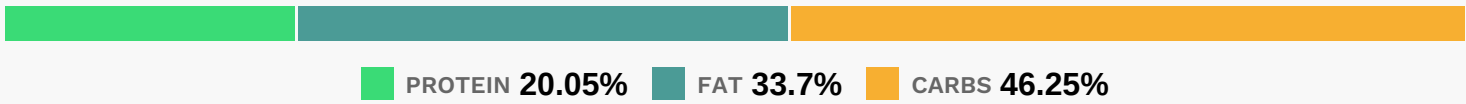
Equipment

- ☐ pot
- ☐ colander

Directions

- ☐ Rinse the lentils really well under cold running water, then add to a large heavy based pot with all the ingredients bar the spinach, coriander and pepper. Bring to the boil, reduce to a gently simmer, cover and cook for 15 minutes, stirring occasionally.
- ☐ Add the spinach and cook for another 5–10 minutes or until the lentils are soft.
- ☐ Add the coriander and stir through. You may add a little more stock or water, if you feel it needs it. Then season with black pepper and serve.
Notes: I wash my spinach, then wilt it in a colander by pouring a kettleful of boiling water over it, I then refresh it with cold water, squeeze as much water out of it as I can and then chop it. You can also use frozen spinach and coriander in this recipe. If I use frozen, I tend to throw in about 3 or 4 little bundles of spinach and 2 or 3 cubes of coriander.

Nutrition Facts



Properties

Glycemic Index:68.15, Glycemic Load:11.01, Inflammation Score:-10, Nutrition Score:44.798260730246%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 571.06kcal (28.55%), Fat: 22.11g (34.02%), Saturated Fat: 18.32g (114.52%), Carbohydrates: 68.29g (22.76%), Net Carbohydrates: 35.93g (13.07%), Sugar: 3.62g (4.02%), Cholesterol: 0mg (0%), Sodium: 667.61mg (29.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.6g (59.2%), Vitamin K: 250.61µg (238.67%), Folate: 590.57µg (147.64%), Manganese: 2.78mg (138.77%), Fiber: 32.36g (129.45%), Vitamin A: 5325.85IU (106.52%), Iron: 13.25mg (73.59%), Vitamin B1: 0.94mg (62.93%), Phosphorus: 578.93mg (57.89%), Magnesium: 214.05mg (53.51%), Potassium: 1507.26mg (43.06%), Copper: 0.83mg (41.29%), Zinc: 5.72mg (38.16%), Vitamin B6: 0.7mg (34.86%), Vitamin C: 20mg (24.24%), Vitamin B5: 2.33mg (23.34%), Vitamin B3: 3.79mg (18.96%), Vitamin B2: 0.32mg (18.84%), Calcium: 140.05mg (14.01%), Selenium: 9.4µg (13.42%), Vitamin E: 1.84mg (12.26%)