



HEALTH SCORE

57%

Spinach, Red Lentil, and Bean Curry



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 teaspoon ancho chile powder



4 sprigs cilantro leaves fresh chopped



1 inch ginger root fresh grated



1 teaspoon garam masala



2 cloves garlic chopped



0.5 teaspoon ground cumin



0.5 teaspoon ground turmeric dried



15.5 ounce beans mixed rinsed drained canned

- ☐ 1 onion chopped
- ☐ 8 ounce yogurt plain
- ☐ 1 cup lentils red
- ☐ 4 cups pkt spinach fresh loosely packed coarsely chopped
- ☐ 0.3 cup tomato purée
- ☐ 2 tomatoes chopped
- ☐ 2 tablespoons vegetable oil

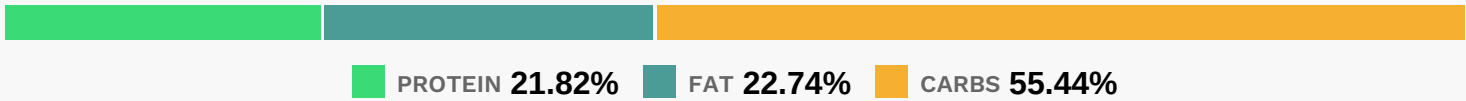
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Rinse lentils and place in a saucepan with enough water to cover. Bring to a boil. Reduce heat to low, cover pot, and simmer over low heat for 20 minutes.
- ☐ Drain.
- ☐ In a bowl, stir together tomato puree and yogurt. Season with garam masala, turmeric, cumin, and chile powder. Stir until creamy.
- ☐ Heat oil in a skillet over medium heat. Stir in onion, garlic, and ginger; cook until onion begins to brown. Stir in spinach; cook until dark green and wilted. Gradually stir in yogurt mixture. Then mix in tomatoes and cilantro.
- ☐ Stir lentils and mixed beans into mixture until well combined.
- ☐ Heat through, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:69.9, Glycemic Load:10.75, Inflammation Score:-10, Nutrition Score:35.105651808822%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 386.4kcal (19.32%), Fat: 10.03g (15.43%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 54.99g (18.33%), Net Carbohydrates: 32.88g (11.96%), Sugar: 9.38g (10.43%), Cholesterol: 7.37mg (2.46%), Sodium: 348.93mg (15.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.3%), Vitamin K: 177.03µg (168.6%), Fiber: 22.11g (88.45%), Folate: 324.34µg (81.09%), Vitamin A: 3710.53IU (74.21%), Manganese: 1.39mg (69.68%), Phosphorus: 423.87mg (42.39%), Vitamin B1: 0.6mg (39.74%), Potassium: 1268.96mg (36.26%), Iron: 6.51mg (36.18%), Magnesium: 135.12mg (33.78%), Vitamin C: 25.01mg (30.31%), Copper: 0.55mg (27.64%), Vitamin B6: 0.55mg (27.29%), Zinc: 3.6mg (24.03%), Vitamin B2: 0.35mg (20.45%), Calcium: 178.88mg (17.89%), Vitamin B5: 1.53mg (15.34%), Vitamin E: 2.27mg (15.16%), Vitamin B3: 2.71mg (13.57%), Selenium: 7.06µg (10.09%), Vitamin B12: 0.21µg (3.5%)