



HEALTH SCORE

74%

Turkish Carrots and Lentils (Zeytinyagli Havuç)



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups carrots halved lengthwise thinly sliced
- ☐ 1 cup green lentils dried uncooked
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground aleppo pepper
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.5 cups onion thinly sliced

- ☐ 0.8 teaspoon sea salt divided
- ☐ 1 tablespoon tomato paste
- ☐ 3 cups water
- ☐ 0.3 cup yogurt greek-style (such as Fage)

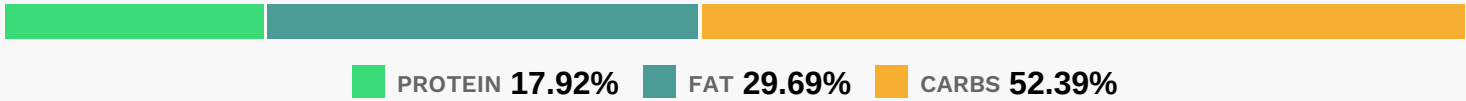
Equipment

- ☐ sauce pan
- ☐ kitchen towels

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion; cook 9 minutes or until lightly browned, stirring occasionally.
- ☐ Add garlic; cook 1 minute. Stir in tomato paste and Aleppo pepper; cook 30 seconds. Stir in carrots and 1/4 teaspoon salt; cook 1 minute.
- ☐ Remove from heat.
- ☐ Combine 3 cups water and lentils in a large saucepan, and bring to a boil. Cover, reduce heat, and simmer 30 minutes. Uncover, increase heat to medium-high, and stir in onion mixture; cook 2 minutes or until liquid almost evaporates. Stir in remaining 1/2 teaspoon salt and freshly ground black pepper. Cover with a kitchen towel, and cool to room temperature.
- ☐ Serve with yogurt.
- ☐ Garnish with dill, if desired.

Nutrition Facts



Properties

Glycemic Index:51.36, Glycemic Load:8.13, Inflammation Score:-10, Nutrition Score:25.857825942661%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.62mg,

Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 338.66kcal (16.93%), Fat: 11.41g (17.55%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 45.3g (15.1%), Net Carbohydrates: 26.66g (9.69%), Sugar: 8.99g (9.99%), Cholesterol: 0.63mg (0.21%), Sodium: 556.98mg (24.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.98%), Vitamin A: 16194.06IU (323.88%), Fiber: 18.65g (74.59%), Folate: 261.03µg (65.26%), Manganese: 0.9mg (45.01%), Vitamin B1: 0.52mg (34.49%), Phosphorus: 289.89mg (28.99%), Potassium: 921.12mg (26.32%), Vitamin B6: 0.5mg (24.76%), Iron: 4.29mg (23.84%), Vitamin K: 22.57µg (21.5%), Magnesium: 81.69mg (20.42%), Zinc: 2.76mg (18.39%), Copper: 0.37mg (18.38%), Vitamin E: 2.66mg (17.76%), Vitamin C: 13.33mg (16.15%), Vitamin B5: 1.42mg (14.19%), Vitamin B2: 0.22mg (12.81%), Vitamin B3: 2.45mg (12.24%), Calcium: 96.11mg (9.61%), Selenium: 5.99µg (8.56%), Vitamin B12: 0.09µg (1.46%)