



 **26%**
HEALTH SCORE

Vegetarian Lentil Spaghetti

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce artichoke hearts canned
- 15 ounce canned tomatoes undrained canned
- 0.3 teaspoon ground pepper divided
- 0.3 cup brown lentils dried rinsed drained
- 4 spring onion chopped
- 3 tablespoons olive oil divided
- 4 servings salt and pepper to taste
- 0.5 teaspoon sesame seed

- 0.3 pound pasta like spaghetti thin
- 0.3 cup water

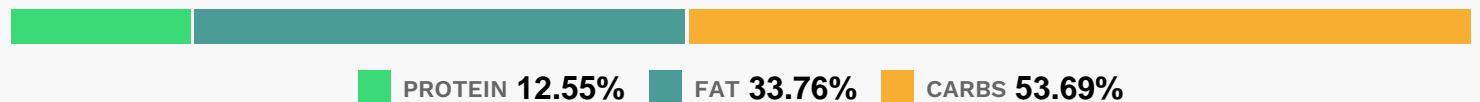
Equipment

- frying pan
- sauce pan
- pot

Directions

- Place the lentils, tomatoes and artichokes (with the liquid from the cans), 1/8 teaspoon cayenne pepper and the water into a large saucepan. Bring to a boil. Reduce heat to low and simmer until lentils are tender, about 20 minutes.
- Meanwhile, bring a large pot of lightly salted water and 1 tablespoon of the olive oil to a boil.
- Add spaghetti and cook for 8 to 10 minutes or until al dente; drain. Return pasta to pot and cover to keep warm.
- Heat remaining 2 tablespoons olive oil in a small skillet over medium heat and cook green onions for about 3 minutes.
- Add 1/8 teaspoon cayenne pepper and sesame seeds and cook until the seeds are lightly browned, about 2 minutes. Set aside.
- Add the lentil mixture to the pot of pasta and toss to distribute evenly.
- Add the green onion mixture and toss lightly again. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:50.9, Glycemic Load:11.76, Inflammation Score:-6, Nutrition Score:14.812174133632%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin:

1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 304.58kcal (15.23%), Fat: 11.52g (17.73%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 32.63g (11.87%), Sugar: 6.79g (7.54%), Cholesterol: 0mg (0%), Sodium: 732.01mg (31.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.27%), Vitamin K: 37.52µg (35.74%), Fiber: 8.6g (34.4%), Manganese: 0.64mg (32.12%), Selenium: 19.72µg (28.17%), Folate: 84.46µg (21.11%), Vitamin E: 3.03mg (20.23%), Copper: 0.36mg (18.1%), Iron: 2.94mg (16.33%), Vitamin C: 12.66mg (15.35%), Potassium: 526.26mg (15.04%), Phosphorus: 148.1mg (14.81%), Vitamin B1: 0.22mg (14.6%), Vitamin B6: 0.28mg (13.84%), Magnesium: 54.55mg (13.64%), Vitamin B3: 2.18mg (10.89%), Zinc: 1.33mg (8.88%), Vitamin A: 404.92IU (8.1%), Vitamin B5: 0.68mg (6.84%), Vitamin B2: 0.11mg (6.41%), Calcium: 60.75mg (6.08%)