



Whole Rice and Lentils (Majadara)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown rice
- ☐ 1 cup green lentils
- ☐ 1 teaspoon ginger root fresh chopped
- ☐ 3 cloves garlic chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup olive oil

- ☐ 1 large onion chopped
- ☐ 1 teaspoon salt
- ☐ 2.5 cups water

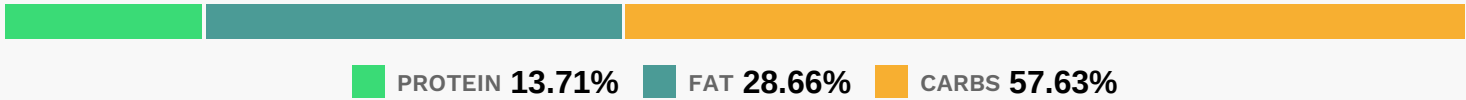
Equipment

- ☐ pot

Directions

- ☐ Heat olive oil in a pot over medium heat; cook and stir onion and garlic until onion has softened, 5 to 7 minutes.
- ☐ Add ginger and stir until fragrant, 1 minute.
- ☐ Add brown rice and stir to coat rice with oil.
- ☐ Stir lentils, cumin, salt, black pepper, and cinnamon into rice mixture; cover with water.
- ☐ Place lid on pot and simmer over low heat until lentils are tender and rice has absorbed the water, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:12.42, Inflammation Score:-5, Nutrition Score:12.65869580274%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 241.3kcal (12.07%), Fat: 7.73g (11.89%), Saturated Fat: 1.1g (6.95%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 26.37g (9.59%), Sugar: 1.31g (1.45%), Cholesterol: 0mg (0%), Sodium: 298.34mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.64%), Manganese: 1.3mg (64.93%), Fiber: 8.6g (34.4%), Folate:

123.39µg (30.85%), Vitamin B1: 0.32mg (21.35%), Phosphorus: 179.71mg (17.97%), Magnesium: 67.46mg (16.86%), Vitamin B6: 0.29mg (14.45%), Iron: 2.53mg (14.03%), Zinc: 1.7mg (11.31%), Copper: 0.22mg (10.89%), Potassium: 332.57mg (9.5%), Vitamin B5: 0.9mg (9.01%), Vitamin B3: 1.69mg (8.47%), Vitamin E: 1.11mg (7.38%), Vitamin K: 5.61µg (5.35%), Vitamin B2: 0.07mg (4.02%), Vitamin C: 2.83mg (3.43%), Calcium: 34.27mg (3.43%), Selenium: 2.27µg (3.24%)