



Whole Roasted Carrots with Black Lentils and Green Harissa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



409 kcal

SIDE DISH

Ingredients

- 2 cups lentils black rinsed uncooked
- 1 teaspoon pepper black freshly ground
- 2 tablespoons cajun spice divided
- 2 pounds carrots
- 2 cups cilantro leaves
- 1 tablespoon garlic fresh minced
- 2 garlic cloves

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 jalapeño peppers seeded
- 5 tablespoons olive oil divided
- 1.5 cups onion divided chopped
- 2 tablespoons rice wine vinegar
- 1 teaspoon salt
- 1 teaspoon sugar
- 3 cups vegetable stock unsalted vedge-style

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- blender

Directions

- Preheat oven to 400
- Heat a medium saucepan over medium-high heat.
- Add 1 tablespoon olive oil to pan; swirl to coat.
- Add 1/2 cup onion and minced garlic; saut 5 minutes or until golden.
- Add stock, lentils, and 2 teaspoons Cajun seasoning; bring to a boil. Cover, reduce heat, and simmer for 45 minutes or until lentils are tender.
- Combine carrots, 2 tablespoons oil, and remaining 2 tablespoons Cajun seasoning, tossing well to coat. Arrange carrot mixture in a single layer on a baking sheet.
- Bake at 400 for 30 minutes or until tender.
- Combine remaining 1 cup onion, remaining oil, cilantro, and remaining ingredients in a blender; process until smooth.

Place lentils on a serving dish; arrange carrots on top.

Serve with harissa.

Nutrition Facts

PROTEIN 17.75% **FAT 28.11%** **CARBS 54.14%**

Properties

Glycemic Index:69.15, Glycemic Load:7.17, Inflammation Score:-10, Nutrition Score:19.788695604905%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 408.91kcal (20.45%), Fat: 13.11g (20.16%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 56.8g (18.93%), Net Carbohydrates: 37.15g (13.51%), Sugar: 11.04g (12.27%), Cholesterol: 0mg (0%), Sodium: 973.17mg (42.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.23%), Vitamin A: 27079.18IU (541.58%), Fiber: 19.65g (78.6%), Vitamin K: 47.02µg (44.78%), Iron: 6.6mg (36.64%), Vitamin C: 22.5mg (27.27%), Vitamin E: 3.68mg (24.54%), Manganese: 0.44mg (21.75%), Potassium: 659.08mg (18.83%), Vitamin B6: 0.37mg (18.27%), Calcium: 120.42mg (12.04%), Folate: 42.2µg (10.55%), Vitamin B3: 1.93mg (9.64%), Vitamin B1: 0.14mg (9.28%), Vitamin B2: 0.14mg (8.5%), Phosphorus: 82.96mg (8.3%), Magnesium: 31.92mg (7.98%), Copper: 0.13mg (6.63%), Vitamin B5: 0.58mg (5.84%), Zinc: 0.63mg (4.2%), Selenium: 1.05µg (1.5%)