



Zulandt's Lentil Casserole

 Vegetarian

READY IN



140 min.

SERVINGS



8

CALORIES



330 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup bread crumbs
- 1.5 cups brown rice
- 1.5 tablespoons cumin
- 2 teaspoons oregano dried
- 8 servings salt and pepper to taste
- 8 ounce sharp cheddar cheese divided grated
- 3 cubes vegetable bouillon
- 2 tablespoons vegetable oil

- 6 cups water
- 1 onion white chopped
- 1 medium zucchini chopped

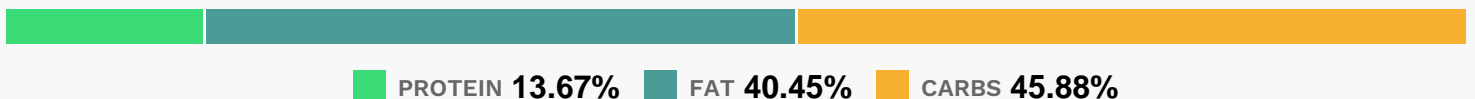
Equipment

- frying pan
- sauce pan
- oven
- pot

Directions

- In a saucepan, bring water and bouillon cubes to a boil.
- Add rice and stir. Reduce heat, cover and simmer for 50 minutes, or until rice is tender and all liquid has been absorbed.
- Heat oil in a stockpot over medium-high heat. Cook zucchini and onion until tender, but still slightly firm, about 5 minutes. Stir in cumin, oregano, lentils, and about 6 cups water gradually. Bring to a soft boil, and continue cooking until lentils are tender, 45 to 60 minutes, adding water as needed.
- Preheat oven to 375 degrees F (190 degrees C).
- Mix the cooked rice together with the lentils, and season to taste with salt and pepper. Stir in 3/4 of the Cheddar cheese, and transfer mixture into a 9x13 inch pan.
- Mix remaining cheese together with the breadcrumbs, and spread evenly over the top of the dish.
- Bake in the preheated oven just until cheese has melted, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:22.84, Glycemic Load:15.81, Inflammation Score:-7, Nutrition Score:14.214782585268%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 329.91kcal (16.5%), Fat: 14.89g (22.91%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 35.53g (12.92%), Sugar: 1.97g (2.18%), Cholesterol: 28.35mg (9.45%), Sodium: 469.63mg (20.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.64%), Manganese: 1.55mg (77.67%), Calcium: 261.7mg (26.17%), Phosphorus: 260.25mg (26.02%), Magnesium: 75.98mg (19%), Vitamin B1: 0.28mg (18.57%), Selenium: 10.77µg (15.39%), Vitamin B6: 0.28mg (13.98%), Zinc: 2.09mg (13.96%), Vitamin B2: 0.21mg (12.6%), Iron: 2.23mg (12.38%), Vitamin B3: 2.42mg (12.11%), Vitamin K: 11.88µg (11.31%), Fiber: 2.48g (9.9%), Copper: 0.19mg (9.68%), Folate: 33.7µg (8.43%), Vitamin B5: 0.78mg (7.76%), Vitamin A: 356.93IU (7.14%), Potassium: 247.62mg (7.07%), Vitamin C: 5.5mg (6.67%), Vitamin B12: 0.34µg (5.6%), Vitamin E: 0.66mg (4.4%), Vitamin D: 0.17µg (1.13%)