

Lentils



About Lentils

- Lentils are an excellent source of folate and fiber.
- Folate, also known as vitamin B-9, supports nervous system health, aids in energy metabolism and is required for the synthesis of DNA, RNA and red blood cells.
- One cup of cooked lentils contains 16 grams of dietary fiber, 18 grams of protein and less than 1 gram of fat.

Selecting and Storing

- Store lentils in a sealed airtight container in a cool, dry place.
- Use dried lentils within one year.
- Cooked lentils may be refrigerated up to one week in a sealed container.

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Lentil Stew

Makes: 10 servings (1 cup)

Ingredients

- 2 teaspoons olive oil (or canola oil)
- 1 large white onion, chopped
- 1 teaspoon garlic powder
- 1 package frozen sliced carrots (16 ounces)
- 1 package dry lentils (16 ounces, rinsed and drained)
- 3 cans diced tomatoes (14.5 ounces each)
- 3 cups water
- 1 teaspoon chili powder

Instructions

1. Heat the oil in a large pot over medium heat.
2. Add chopped onion.
3. Cook for 3 minutes, or until tender.
4. Stir in garlic powder, carrots, lentils, tomatoes, water and chili powder.
5. Simmer, uncovered, for about 20 minutes or until lentils are tender.

Source: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/lentil-stew>

Nutrition Facts

servings per container	
Serving size	(227g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 39g	14%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 3mg	15%
Potassium 673mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Analyzed using EHSA Food Processor; version 11.4

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