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Balsamic Rice with Lentils, Peppers, and Walnuts

A delicious vegan recipe that combines balsamic rice with lentils, peppers, and walnuts. This dish is packed with flavors and nutrients, making it a healthy and satisfying meal option.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	balsamic rice
150 g	Lentils
100 g	Red Bell Pepper
100 g	Green Bell Pepper

50 g	walnuts
2 tbsp	olive oil
2 tbsp	balsamic vinegar
2 cloves	garlic
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Boiling

Cook the balsamic rice according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Boiling

In a separate pot, cook the lentils until tender.

Prep Time: 5 mins

Cook Time: 15 mins

Step 3

Sautéing

In a large skillet, heat olive oil over medium heat. Add minced garlic and sauté until fragrant.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Sautéing

Add sliced red and green bell peppers to the skillet and cook until tender.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Stirring

Add cooked balsamic rice, lentils, and walnuts to the skillet. Stir well to combine.

Prep Time: 2 mins

Cook Time: 5 mins

Step 6

Stirring

Drizzle balsamic vinegar over the mixture and season with salt and black pepper. Cook for an additional 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 55 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	55 g	100%	110%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter

Halloween

Cuisines

Italian

Mediterranean

Spanish

American

Middle Eastern

Nutritional Content

Low Calorie

Low Fat

High Fiber

Low Sodium

High Calcium

Kitchen Tools

Blender

Course

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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