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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%

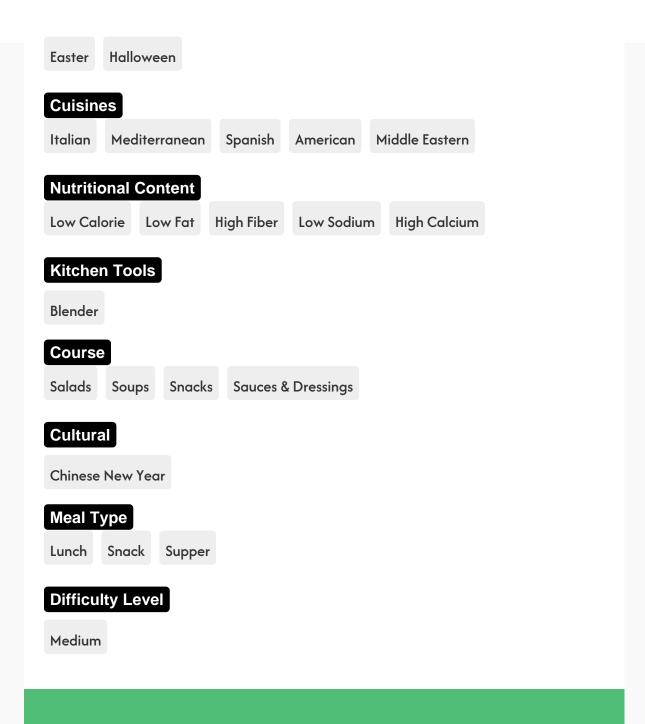
Recipe Attributes

Seasonality

Summer

Fall

Events



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