

Recipe Analyzer Results

A single serving of this recipe has 515 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 6

Amount per serving

Calories 515

% Daily Value\*

Total Fat 6.2g	8%
Saturated Fat 0.9g	4%
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 91g	33%
Dietary Fiber 24.7g	88%
Total Sugars 5.2g	
Protein 26.5g	
Vitamin D 0mcg	0%
Calcium 65mg	5%
Iron 6mg	36%

Ingredients:

- 30 ml (2 tbsp) olive oil
- 3 onions, sliced thinly
- 5 ml (1 tsp) ground cumin
- 560 ml (2 1/4 cups) brown or wild rice, cooked
- 1 can (540 mL/19 oz) brown or green lentils, drained and rinsed

Potassium 967mg

21%

## Nutrition Facts

Servings: 6

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**