

Recipe Analyzer Results

A single serving of this recipe has 240 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: 4

Amount per serving

Calories 240

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0.3g 2%

Cholesterol 0mg 0%

Sodium 164mg 7%

Total Carbohydrate 41.4g 15%

Dietary Fiber 16.3g 58%

Total Sugars 8g

Protein 14.3g

Vitamin D 0mcg 0%

Calcium 60mg 5%

Iron 6mg 32%

Ingredients:

- 10 ml (2 tsp) canola oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 15 ml (1 tbsp) fresh ginger, minced
- 1 small eggplant, chopped
- 15 ml (1 tbsp) curry powder
- 2 ml (1/2 tsp) cumin seeds
- 375 ml (1 1/2 cups) low sodium vegetable broth
- 540 ml (19 oz) no salt added lentils, drained and rinsed
- 1 tomato, diced
- 125 ml (1/2 cup) fresh cilantro leaves, chopped

Potassium 903mg

19%

Nutrition Facts

Servings: 4

**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**