



Beet and Carrot Lentil Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- 3 small beets
- 4 carrots shredded
- 0.5 bunch cilantro leaves fresh finely chopped
- 5 green onions chopped
- 3 lemon zest juiced
- 1 cup lentils french
- 0.5 teaspoon salt
- 5 vine-ripened tomatoes chopped

3 cups water

Equipment

food processor

bowl

sauce pan

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C).

Pour enough water into a baking dish to cover bottom with about 1/2 inch of water; add beets.

Bake in the preheated oven until beets are tender when poked with a fork, about 45 minutes.

Transfer beets to bowl of cold water until cool enough to handle.

Bring 3 cups water to a boil in saucepan; add lentils and salt. Reduce heat and simmer until lentils are tender, about 20 minutes.

Drain.

Remove beets from water, pat dry, and slice ends and outer skin off each beet. Roughly chop beets and grate in the food processor.

Mix beets, lentils, tomatoes, carrots, cilantro, green onions, lemon zest, and lemon juice together in a bowl; season with salt.

Nutrition Facts



PROTEIN 25.34% **FAT 3.74%** **CARBS 70.92%**

Properties

Glycemic Index:18.6, Glycemic Load:1.87, Inflammation Score:-10, Nutrition Score:11.315652044571%

Flavonoids

Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg,

Kaempferol: 0.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 119.47kcal (5.97%), Fat: 0.5g (0.77%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 11.64g (4.23%), Sugar: 4.24g (4.71%), Cholesterol: 0mg (0%), Sodium: 177.83mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.25%), Vitamin A: 5849.6IU (116.99%), Fiber: 9.71g (38.85%), Vitamin K: 27.17µg (25.88%), Vitamin C: 18.07mg (21.9%), Iron: 2.24mg (12.45%), Potassium: 307.37mg (8.78%), Manganese: 0.15mg (7.32%), Folate: 22.87µg (5.72%), Vitamin B6: 0.11mg (5.65%), Vitamin E: 0.68mg (4.51%), Calcium: 44.3mg (4.43%), Copper: 0.08mg (4.15%), Vitamin B3: 0.81mg (4.06%), Magnesium: 15.02mg (3.75%), Vitamin B1: 0.05mg (3.63%), Phosphorus: 32.56mg (3.26%), Vitamin B2: 0.04mg (2.42%), Zinc: 0.25mg (1.68%), Vitamin B5: 0.17mg (1.68%)