



## Beet-and-Lentil Salad on Cabbage Slaw

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

### Ingredients

- 1 tablespoon balsamic vinegar
- 1 bay leaf
- 0.1 teaspoon pepper black
- 1 cup brown lentils dried green
- 2 tablespoons capers
- 0.3 cup carrots diced finely
- 0.3 cup parsley fresh chopped
- 1 garlic clove minced

- 2 garlic cloves peeled
- 2 pounds golden red
- 7 cups cabbage green thinly sliced
- 0.3 teaspoon horseradish prepared
- 1 teaspoon mustard prepared
- 2 tablespoons olive oil
- 0.8 cup onion red finely chopped
- 0.5 cup red wine vinegar
- 1 tablespoon red wine vinegar
- 2 tablespoons red wine vinegar
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 1 teaspoon worcestershire sauce

## Equipment

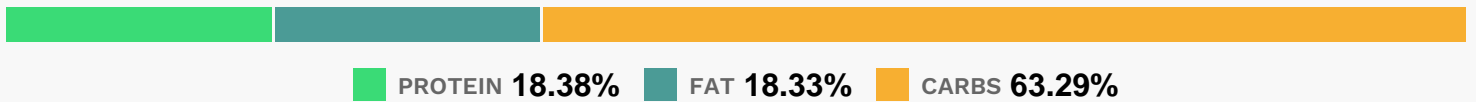
- bowl
- sauce pan
- whisk

## Directions

- To prepare pickled onion, combine onion and vinegar in a bowl.
- Let stand 30 minutes; drain.
- To prepare dressing, combine oil and next 8 ingredients (oil through minced garlic), stirring with a whisk.
- To prepare salad, leave root and 1 inch stem on beets; scrub with a brush.
- Place in a medium saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until tender.
- Drain and rinse with cold water.
- Drain; cool. Trim off beet roots; rub off skins.

- Cut beets into 1/2-inch cubes; place in a large bowl. Set aside.
- Place lentils, carrot, 2 garlic cloves, and bay leaf in a large saucepan; cover with water to 2 inches above lentils. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until tender.
- Drain well. Discard garlic cloves and bay leaf.
- Add lentil mixture, pickled onion, dressing, 1/3 cup parsley, capers, 1/8 teaspoon salt, and 1/8 teaspoon pepper to beets. Set aside.
- To prepare slaw, toss cabbage with red wine vinegar and 1/8 teaspoon salt. Divide slaw evenly among 4 plates; top with salad.
- Garnish with chopped parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:111.86, Glycemic Load:16.58, Inflammation Score:-10, Nutrition Score:37.531739276388%

## Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 5.77mg, Kaempferol: 5.77mg, Kaempferol: 5.77mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 13.7mg, Quercetin: 13.7mg, Quercetin: 13.7mg, Quercetin: 13.7mg Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 394.46kcal (19.72%), Fat: 8.2g (12.61%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 63.69g (21.23%), Net Carbohydrates: 38.48g (13.99%), Sugar: 22.75g (25.28%), Cholesterol: 0mg (0%), Sodium: 579.44mg (25.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.5g (36.99%), Vitamin K: 184.51µg (175.72%), Folate: 546.05µg (136.51%), Fiber: 25.21g (100.85%), Manganese: 1.72mg (85.99%), Vitamin C: 68.77mg (83.36%), Potassium: 1547.7mg (44.22%), Vitamin B1: 0.6mg (39.75%), Vitamin A: 1981.58IU (39.63%), Iron: 6.88mg (38.24%), Phosphorus: 363.81mg (36.38%), Magnesium: 136.91mg (34.23%), Vitamin B6: 0.65mg (32.26%), Copper: 0.5mg (24.86%), Zinc: 3.5mg (23.35%), Vitamin B5: 1.74mg (17.37%), Vitamin B2: 0.27mg (15.87%), Calcium: 141.09mg (14.11%), Vitamin B3: 2.54mg (12.68%), Vitamin E: 1.66mg (11.05%), Selenium: 6.92µg (9.88%)