



Beluga Lentil Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

Ingredients

- 0.8 pound beluga lentils
- 1 carrots halved
- 2 tablespoons cilantro leaves chopped for garnish
- 4 garlic cloves--2 and 2 minced smashed
- 2 hard-cooked eggs coarsely chopped
- 3 tablespoons juice of lime fresh
- 2 large poblano peppers
- 0.5 small onion red cut into slivers

- 6 servings salt and pepper freshly ground
- 3 tablespoons vegetable oil
- 4 cups water
- 1 small onion yellow halved

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- plastic wrap
- broiler

Directions

- In a medium saucepan, combine the lentils with the smashed garlic, carrot, yellow onion and water and bring to a boil. Simmer over low heat until the lentils are just tender, about 30 minutes.
- Drain the lentils and discard the garlic, carrot and onion.
- Let the lentils cool slightly.
- Meanwhile, roast the poblanos over a gas flame or under a broiler, turning them several times, until charred all over.
- Transfer them to a bowl, cover with plastic wrap and let steam for 15 minutes. Peel, core and seed the poblanos, then cut them into slivers.
- In a small skillet, cook the chorizo over high heat, stirring occasionally, until crisp, about 5 minutes.
- Drain the chorizo on paper towels.
- In a large bowl, combine the lentils with the poblanos, chorizo, red onion, eggs, chopped cilantro and minced garlic.
- Add the lime juice and oil, season with salt and pepper and toss to coat.
- Sprinkle the cilantro leaves over the top and serve.

Make Ahead: The salad components can be prepared through Step 3 and refrigerated separately overnight. Return the lentils to room temperature and rewarm the chorizo before tossing with the remaining ingredients.

Nutrition Facts

PROTEIN 22.95% **FAT 28.44%** **CARBS 48.61%**

Properties

Glycemic Index:28.81, Glycemic Load:1.1, Inflammation Score:-9, Nutrition Score:12.427391280299%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 286.63kcal (14.33%), Fat: 9.18g (14.12%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 22.31g (8.11%), Sugar: 3.01g (3.35%), Cholesterol: 62.17mg (20.72%), Sodium: 235.78mg (10.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.66g (33.32%), Vitamin C: 51.38mg (62.28%), Fiber: 12.98g (51.93%), Vitamin A: 2003.56IU (40.07%), Iron: 4.79mg (26.62%), Vitamin K: 18.52µg (17.64%), Vitamin B6: 0.21mg (10.47%), Selenium: 5.54µg (7.92%), Manganese: 0.15mg (7.41%), Vitamin E: 1.02mg (6.82%), Vitamin B2: 0.12mg (6.82%), Calcium: 65.58mg (6.56%), Potassium: 197.15mg (5.63%), Phosphorus: 53.37mg (5.34%), Folate: 19.58µg (4.9%), Vitamin B1: 0.06mg (4.29%), Copper: 0.08mg (4.23%), Vitamin B5: 0.36mg (3.62%), Magnesium: 13.15mg (3.29%), Vitamin B12: 0.19µg (3.08%), Vitamin D: 0.37µg (2.44%), Zinc: 0.35mg (2.35%), Vitamin B3: 0.42mg (2.12%)