



Black Lentil and Couscous Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup lentils dried black
- 1 cup cherry tomatoes quartered
- 0.8 cup couscous uncooked
- 0.3 cup cucumber finely chopped
- 3 tablespoons mint leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 0.3 cup golden raisins
- 3 tablespoons juice of lemon fresh

- 1 teaspoon lemon rind grated
- 2 tablespoons olive oil extra-virgin
- 0.3 cup onion red finely chopped
- 0.8 teaspoon salt divided
- 5 cups water divided

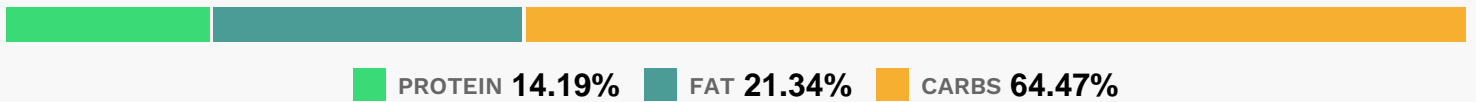
Equipment

- bowl
- sauce pan

Directions

- Rinse lentils with cold water; drain.
- Place lentils and 4 cups water in a large saucepan; bring to a boil. Reduce heat, and simmer 20 minutes or until tender.
- Drain and rinse with cold water; drain.
- Bring remaining 1 cup water to a boil in a medium saucepan; gradually stir in couscous and 1/4 teaspoon salt.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- Combine lentils, couscous, remaining 1/2 teaspoon salt, tomatoes, and remaining ingredients in a large bowl.

Nutrition Facts



Properties

Glycemic Index:32.61, Glycemic Load:13.85, Inflammation Score:-5, Nutrition Score:7.8647824512876%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 5.53mg, Apigenin: 5.53mg, Apigenin: 5.53mg, Apigenin: 5.53mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg

Isorhamnetin: 0.45mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg
Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.21mg, Quercetin: 2.21mg,
Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 210.93kcal (10.55%), Fat: 5.09g (7.82%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 34.57g (11.52%), Net
Carbohydrates: 29.12g (10.59%), Sugar: 6.09g (6.77%), Cholesterol: 0mg (0%), Sodium: 310.27mg (13.49%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.22%), Vitamin K: 45.35µg (43.19%), Fiber: 5.45g (21.82%),
Vitamin C: 14.97mg (18.14%), Manganese: 0.27mg (13.57%), Iron: 2.16mg (12%), Vitamin A: 445.18IU (8.9%), Copper:
0.16mg (7.76%), Phosphorus: 61.02mg (6.1%), Potassium: 209.6mg (5.99%), Vitamin E: 0.86mg (5.7%), Magnesium:
22.07mg (5.52%), Vitamin B3: 1.08mg (5.38%), Folate: 18.71µg (4.68%), Vitamin B6: 0.09mg (4.67%), Calcium:
41.83mg (4.18%), Vitamin B1: 0.06mg (3.83%), Vitamin B5: 0.37mg (3.7%), Vitamin B2: 0.05mg (3.09%), Zinc:
0.35mg (2.32%)