



Bright Lentil Salad with Apples, Fennel, and Herbs

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



866 kcal

SIDE DISH

Ingredients

- 1 cup apples diced peeled finely (recommended: Pink Lady)
- 1 tablespoon apple cider vinegar
- 1 cup fennel bulb diced finely
- 2 tablespoons basil fresh
- 1 tablespoon thyme sprigs fresh
- 0.3 teaspoon granulated sugar
- 4 servings pepper black freshly ground

- 29 ounces lentils drained and rinsed canned
- 2 tablespoons olive oil
- 8 ounces plum tomatoes diced finely
- 1 tablespoon water

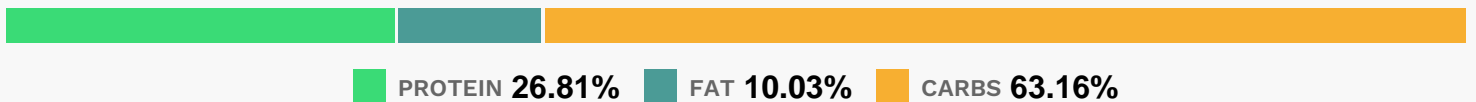
Equipment

- bowl
- whisk

Directions

- In a large bowl, whisk together the vinegar, sugar, salt, and pepper until the sugar dissolves.
- Add in the olive oil, and whisk until emulsified.
- Add the water, and whisk to loosen.
- Add the fennel, apple, and tomatoes, toss to combine, and allow to sit in the vinaigrette for 15 minutes. Finally, add the lentils and fresh herbs, and allow to sit another 15 minutes.
- Serve.

Nutrition Facts



Properties

Glycemic Index:93.02, Glycemic Load:2.42, Inflammation Score:-9, Nutrition Score:14.349999789958%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 865.51kcal (43.28%), Fat: 9.39g (14.44%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 133.05g (44.35%), Net Carbohydrates: 66.53g (24.19%), Sugar: 10.14g (11.27%), Cholesterol: 0mg (0%), Sodium: 28.04mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.48g (112.97%), Fiber: 66.52g (266.07%), Iron: 16.16mg (89.77%), Vitamin C: 25.07mg (30.39%), Vitamin K: 27.35µg (26.05%), Calcium: 156.41mg (15.64%), Vitamin A: 654.76IU (13.1%), Vitamin E: 1.51mg (10.04%), Manganese: 0.18mg (9.04%), Potassium: 275.61mg (7.87%), Folate: 16.8µg (4.2%), Magnesium: 15.33mg (3.83%), Vitamin B6: 0.08mg (3.82%), Copper: 0.07mg (3.6%), Phosphorus: 30.79mg (3.08%), Vitamin B3: 0.55mg (2.73%), Vitamin B2: 0.04mg (2.06%), Vitamin B1: 0.03mg (1.98%), Vitamin B5: 0.13mg (1.31%), Zinc: 0.2mg (1.3%)