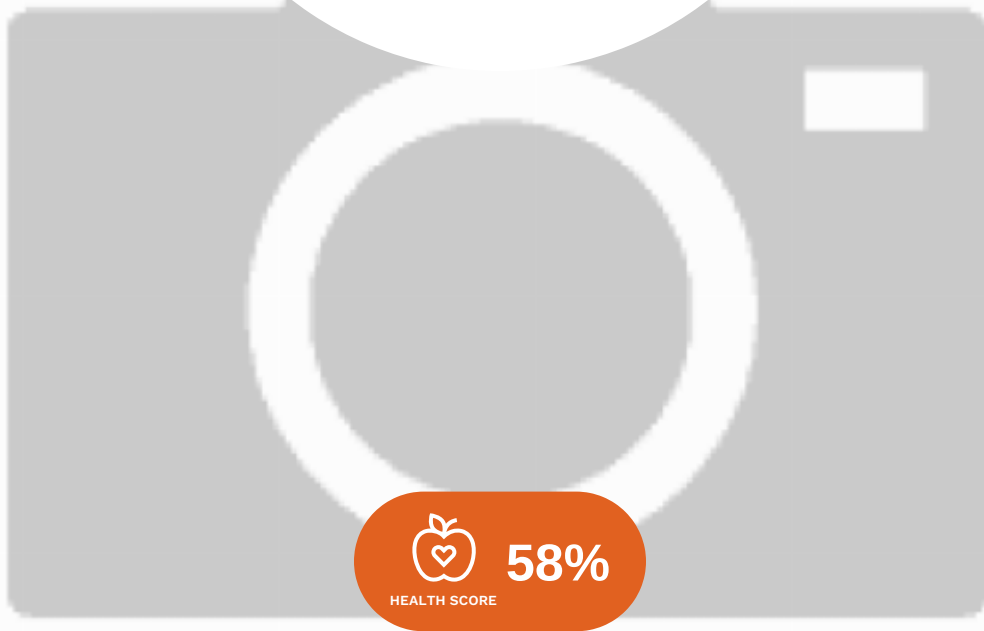




HEALTH SCORE

58%

Cheap and Easy Lentil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN

**90 min.**

SERVINGS

**8**

CALORIES

**327 kcal**

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinaigrette
- ☐ 14 ounce regular corn drained canned
- ☐ 0.5 pound green lentils french rinsed drained
- ☐ 0.3 cup parsley fresh chopped to taste
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 0.3 cup olive oil
- ☐ 15 ounce kidney beans dark red drained and rinsed canned
- ☐ 2 cups water

☐ 1 tablespoon sugar white

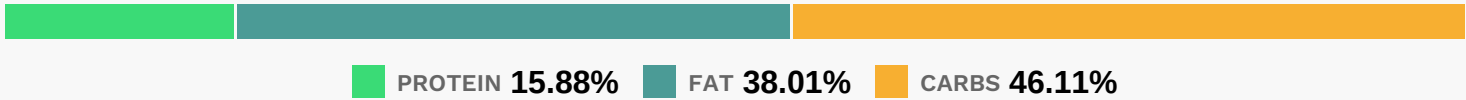
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine lentils and water in a saucepan; bring to a boil. Cook lentils at a boil until tender, about 20 minutes; drain.
- ☐ Mix kidney beans, corn, and parsley in a bowl; add lentils and gently stir.
- ☐ Whisk olive oil, balsamic vinaigrette, sugar, salt, and black pepper together in a separate bowl; drizzle over lentil mixture and gently stir.
- ☐ Cover bowl with plastic wrap; refrigerate until lentils are completely chilled, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:5.7, Inflammation Score:-6, Nutrition Score:15.999565186708%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 326.61kcal (16.33%), Fat: 13.9g (21.39%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 37.94g (12.65%), Net Carbohydrates: 25.28g (9.19%), Sugar: 2.59g (2.87%), Cholesterol: 0mg (0%), Sodium: 176.35mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.14%), Folate: 222.15µg (55.54%), Fiber: 12.67g (50.67%), Vitamin K: 42.21µg (40.2%), Manganese: 0.67mg (33.71%), Vitamin B1: 0.34mg (22.78%), Phosphorus:

224.92mg (22.49%), Iron: 3.99mg (22.15%), Magnesium: 65.66mg (16.42%), Potassium: 554.34mg (15.84%),
Copper: 0.3mg (15.24%), Zinc: 2.09mg (13.93%), Vitamin B6: 0.22mg (10.94%), Vitamin E: 1.47mg (9.77%), Vitamin
B5: 0.73mg (7.33%), Vitamin B3: 1.46mg (7.29%), Vitamin C: 5.22mg (6.33%), Vitamin B2: 0.1mg (5.91%), Selenium:
3.01µg (4.3%), Calcium: 37.64mg (3.76%), Vitamin A: 169.55IU (3.39%)