



WHATSheATE



HEALTH SCORE

71%

Chicken and Lentil Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



3

CALORIES



608 kcal

SIDE DISH

Ingredients



1 cup brown lentils rinsed



1 teaspoon fennel seeds crushed



0.5 cup flat-leaf parsley leaves



1 teaspoon tarragon fresh chopped



0.3 teaspoon kosher salt



0.3 cup juice of lemon



0.3 cup olive oil extra-virgin



0.5 cup slivered onion red

- ☐ 0.3 teaspoon pepper
- ☐ 1 cup rotisserie chicken cut shredded

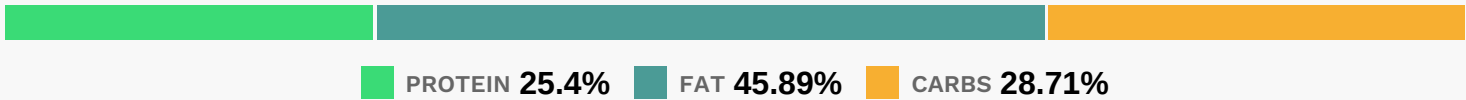
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Simmer lentils in 1 qt. lightly salted water in a covered saucepan just until tender to the bite, 15 minutes.
- ☐ Drain.
- ☐ Mix remaining ingredients in a bowl, then gently stir in warm lentils.

Nutrition Facts



Properties

Glycemic Index:61.87, Glycemic Load:5.52, Inflammation Score:-9, Nutrition Score:28.564782743869%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 608.1kcal (30.41%), Fat: 31.44g (48.38%), Saturated Fat: 5.18g (32.35%), Carbohydrates: 44.25g (14.75%), Net Carbohydrates: 23.51g (8.55%), Sugar: 3.21g (3.57%), Cholesterol: 75.71mg (25.24%), Sodium: 479.73mg (20.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.16g (78.32%), Vitamin K: 182.03µg (173.36%), Folate: 334.1µg (83.53%), Fiber: 20.74g (82.97%), Manganese: 1.02mg (51.16%), Vitamin B1: 0.59mg (39.38%), Vitamin C: 29.05mg (35.22%), Iron: 6.01mg (33.41%), Phosphorus: 309.94mg (30.99%), Vitamin E: 3.89mg

(25.95%), Magnesium: 92.54mg (23.14%), Potassium: 767.38mg (21.93%), Zinc: 3.28mg (21.85%), Vitamin B6: 0.42mg (20.94%), Copper: 0.38mg (18.79%), Vitamin A: 899.33IU (17.99%), Vitamin B5: 1.48mg (14.8%), Vitamin B2: 0.17mg (9.86%), Vitamin B3: 1.96mg (9.78%), Selenium: 5.52µg (7.89%), Calcium: 74.07mg (7.41%)