



Creamy Lentil Salad

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 cucumber diced peeled
- ☐ 1 tablespoon dill weed dried
- ☐ 0.3 cup feta cheese crumbled to taste
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup olive oil extra-virgin to taste
- ☐ 1 teaspoon ground sea salt
- ☐ 1 bell pepper diced yellow

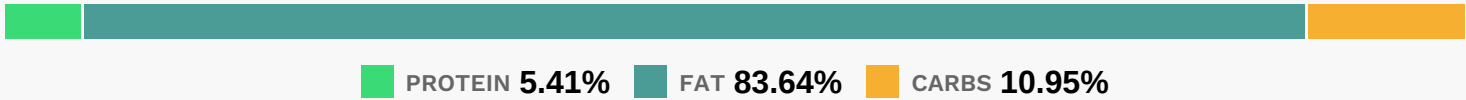
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring water and lentils to a boil in a saucepan; cook until lentils are tender, 15 to 25 minutes.
- ☐ Drain and transfer cooked lentils to a large bowl.
- ☐ Mix cucumber, yellow bell pepper, cilantro, olive oil, feta cheese, dill, sea salt, and black pepper into lentils until fully incorporated. Refrigerate until completely cooled.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:8.2517391391422%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 164.6kcal (8.23%), Fat: 15.75g (24.23%), Saturated Fat: 3.14g (19.61%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 3.59g (1.31%), Sugar: 1.05g (1.16%), Cholesterol: 8.34mg (2.78%), Sodium: 692.73mg (30.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Vitamin C: 57.64mg (69.86%), Vitamin K: 17.61µg (16.78%), Vitamin E: 2.01mg (13.42%), Manganese: 0.19mg (9.57%), Calcium: 76.75mg (7.68%), Vitamin B6: 0.14mg (7.19%), Vitamin B2: 0.11mg (6.47%), Phosphorus: 59.83mg (5.98%), Potassium: 207.8mg (5.94%), Folate: 21.94µg (5.49%), Vitamin A: 267.15IU (5.34%), Copper: 0.1mg (5.06%), Iron: 0.88mg (4.86%), Magnesium: 18.86mg (4.72%), Fiber: 1.05g (4.2%), Vitamin B1: 0.05mg (3.36%), Vitamin B5: 0.33mg (3.33%), Zinc: 0.49mg (3.24%), Vitamin B12: 0.16µg (2.64%), Selenium: 1.61µg (2.29%), Vitamin B3: 0.42mg (2.12%)