



HEALTH SCORE

80%

Curried Lentil-Spinach Salad with Shrimp



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 teaspoons curry powder
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons honey
- ☐ 0.3 cup juice of lemon fresh (2 lemons)
- ☐ 2 cups mushrooms sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 bell pepper red cut into 1/4-inch strips

- ☐ 0.8 cup lentils dried red
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 pound shrimp cooked peeled
- ☐ 8 cups torn spinach
- ☐ 3 cups water

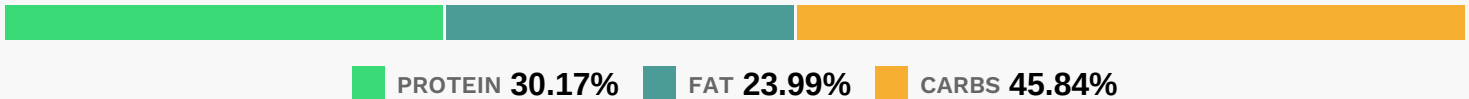
Equipment

- ☐ sauce pan

Directions

- ☐ Combine the water, red lentils, and 1/4 teaspoon salt in a medium saucepan. Bring to a boil; cover, reduce heat to medium-low, and simmer for 20 minutes.
- ☐ Drain and set aside.
- ☐ Combine 1/4 teaspoon salt, mint, and the next 5 ingredients (mint through curry powder).
- ☐ Combine 1/4 cup mint dressing, torn spinach, mushrooms, and bell pepper; toss well to coat.
- ☐ Combine lentils and 1/4 cup mint dressing, and toss well to combine.
- ☐ Arrange 2 cups spinach mixture on each of 4 plates; top each serving with 1/2 cup lentil mixture. Divide shrimp evenly among salads; drizzle with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:52.47, Glycemic Load:8, Inflammation Score:-10, Nutrition Score:35.360869446526%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

2.51mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 305.56kcal (15.28%), Fat: 8.55g (13.16%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 23.19g (8.43%), Sugar: 12.27g (13.63%), Cholesterol: 91.29mg (30.43%), Sodium: 504.52mg (21.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.2g (48.4%), Vitamin K: 298.02µg (283.83%), Vitamin A: 6703.95IU (134.08%), Vitamin C: 64.4mg (78.06%), Folate: 308.05µg (77.01%), Manganese: 1.17mg (58.46%), Fiber: 13.58g (54.33%), Phosphorus: 366.37mg (36.64%), Copper: 0.69mg (34.42%), Magnesium: 126.97mg (31.74%), Potassium: 1082.33mg (30.92%), Iron: 5.42mg (30.09%), Vitamin B1: 0.42mg (27.89%), Vitamin B2: 0.42mg (24.92%), Vitamin B6: 0.46mg (23.14%), Zinc: 3.17mg (21.16%), Vitamin E: 3.08mg (20.54%), Vitamin B3: 3.48mg (17.4%), Vitamin B5: 1.63mg (16.33%), Selenium: 10.67µg (15.25%), Calcium: 140.37mg (14.04%)