



HEALTH SCORE

100%

Curried Red Lentil Kohlrabi, and Couscous Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounce baby spinach
- ☐ 6 ounces couscous plain
- ☐ 1.5 tablespoons curry powder sweet
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 garlic clove pressed
- ☐ 1 cup spring onion chopped
- ☐ 1.3 pounds kohlrabi bulb stemmed peeled thinly sliced cut into 1/3-inch dice (3 cups)

- ☐ 0.7 cup olive oil extra virgin extra-virgin
- ☐ 2.3 cups lentils red
- ☐ 0.5 cup citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

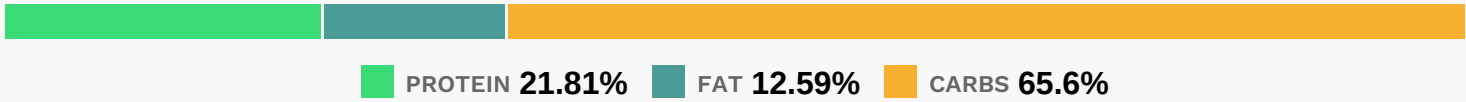
Directions

- ☐ Whisk white wine vinegar, curry powder, and pressed garlic in medium bowl to blend. Gradually whisk in olive oil. Season dressing to taste with salt and freshly ground pepper.
- ☐ Cook lentils and kohlrabi leaves in heavy large saucepan of boiling salted water until lentils are barely tender but not too soft, about 6 minutes.
- ☐ Drain; rinse under cold water to cool.
- ☐ Drain again.
- ☐ Bring 1 1/4 cups water to boil in same saucepan; remove from heat.
- ☐ Add 3 tablespoons dressing, sprinkle with salt, then stir in couscous. Cover pot and let stand 5 minutes.
- ☐ Transfer couscous to medium bowl. Fluff couscous with fork to separate grains and cool slightly. Season to taste with salt and pepper.
- ☐ Meanwhile, transfer lentils to large bowl.
- ☐ Add 1/2 cup dressing, diced kohlrabi bulb, and chopped green onions; toss to coat. Season mixture to taste with salt and pepper.
- ☐ Arrange baby spinach leaves over large rimmed platter.
- ☐ Drizzle spinach with 2 to 3 tablespoons remaining dressing.
- ☐ Sprinkle spinach leaves with salt and pepper. Mound lentil mixture in center of platter over spinach leaves. Stir mint into couscous. Spoon couscous around lentils and serve with remaining dressing.

Per serving:486 g calories,20 g fat,13 g fiber

Bon Appétit

Nutrition Facts



Properties

Glycemic Index:26.08, Glycemic Load:14.42, Inflammation Score:-9, Nutrition Score:30.895652231963%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 327.27kcal (16.36%), Fat: 4.62g (7.11%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 54.2g (18.07%), Net Carbohydrates: 33.81g (12.29%), Sugar: 3.27g (3.64%), Cholesterol: 0mg (0%), Sodium: 38.19mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.03%), Vitamin K: 117.36µg (111.77%), Fiber: 20.38g (81.54%), Folate: 305.42µg (76.36%), Vitamin C: 54.83mg (66.46%), Manganese: 1.22mg (60.87%), Vitamin A: 1961.98IU (39.24%), Vitamin B1: 0.54mg (35.96%), Phosphorus: 318.7mg (31.87%), Iron: 5.57mg (30.95%), Potassium: 942.42mg (26.93%), Magnesium: 106.97mg (26.74%), Vitamin B6: 0.47mg (23.56%), Copper: 0.46mg (23.11%), Zinc: 2.85mg (19%), Vitamin B5: 1.5mg (14.99%), Vitamin B3: 2.63mg (13.15%), Vitamin E: 1.78mg (11.89%), Vitamin B2: 0.19mg (11.33%), Calcium: 91.51mg (9.15%), Selenium: 5.25µg (7.5%)