



 **19%**
HEALTH SCORE

Black Lentil and Couscous Salad

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups couscous cooked
- 2 cups lentils black cooked
- 1 teaspoon ground cumin
- 0.5 teaspoon ground pepper
- 0.5 teaspoon paprika
- 1 cup almonds toasted
- 1 cup raisins
- 3 tablespoons parsley fresh chopped

- 2.5 tablespoons mint leaves fresh chopped
- 0.3 cup olive oil
- 0.3 cup apple cider vinegar
- 2 tablespoons dijon mustard
- 1 orange zest
- 0.5 orange juice
- 3 tablespoons honey
- 3 ounces feta cheese

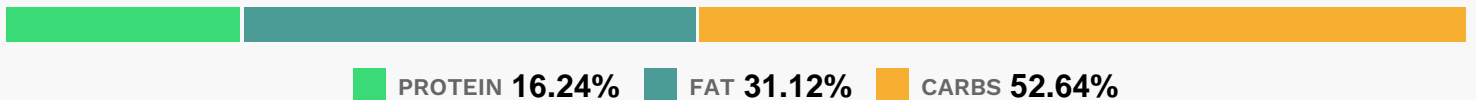
Equipment

- bowl
- whisk

Directions

- Whisk together the olive oil, apple cider vinegar, Dijon mustard, orange zest and juice and honey. Set aside.
- In a large bowl, mix the remaining ingredients until well incorporated.
- Drizzle the dressing on top, toss and serve.

Nutrition Facts



Properties

Glycemic Index:52.63, Glycemic Load:17.08, Inflammation Score:-5, Nutrition Score:13.632608695652%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 3.32mg, Apigenin: 3.32mg, Apigenin: 3.32mg, Apigenin: 3.32mg Luteolin: 0.22mg,

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Taste

Sweetness: 62.07%, Saltiness: 100%, Sourness: 32.03%, Bitterness: 38.05%, Savoriness: 58.22%, Fattiness: 76.61%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 438.3kcal (21.91%), Fat: 15.59g (23.99%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 59.33g (19.78%), Net Carbohydrates: 45.49g (16.54%), Sugar: 7.45g (8.27%), Cholesterol: 9.46mg (3.15%), Sodium: 175.37mg (7.62%), Protein: 18.3g (36.61%), Fiber: 13.84g (55.37%), Iron: 5.43mg (30.19%), Vitamin K: 29.17µg (27.78%), Vitamin E: 4.1mg (27.32%), Manganese: 0.42mg (21.09%), Selenium: 14.37µg (20.52%), Vitamin B2: 0.28mg (16.56%), Calcium: 136.48mg (13.65%), Phosphorus: 123.3mg (12.33%), Magnesium: 48.05mg (12.01%), Vitamin C: 9.66mg (11.7%), Copper: 0.21mg (10.64%), Potassium: 316.14mg (9.03%), Vitamin A: 373.43IU (7.47%), Vitamin B1: 0.1mg (6.81%), Vitamin B6: 0.13mg (6.69%), Vitamin B3: 1.25mg (6.25%), Zinc: 0.9mg (6.02%), Folate: 21.17µg (5.29%), Vitamin B5: 0.36mg (3.56%), Vitamin B12: 0.18µg (2.99%)