



HEALTH SCORE

60%

French Lentil Salad with Goat Cheese



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce chicken broth canned
- ☐ 1 cup green lentils french
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons sherry vinegar
- ☐ 1 cup water

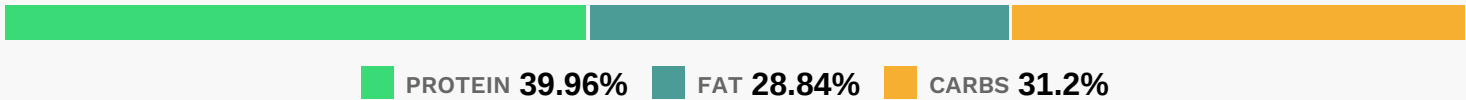
Equipment

- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Combine sherry vinegar, 3 tablespoons olive oil, and minced garlic in a jar with a lid and shake until blended. Set aside.
- ☐ Place lentils, chicken broth, water, and 1 tablespoon olive oil in a saucepan and bring to a boil. Reduce the heat to low and simmer, covered, until the lentils are just tender to the bite, about 20 minutes. Do not overcook.
- ☐ Remove from heat, drain, and cool for at least 30 minutes.
- ☐ Transfer cooled lentils to a mixing bowl.
- ☐ Stir in the dressing, chives, and cilantro; mix well. If you're serving the salad immediately, add the goat cheese and tomatoes. If you're preparing the recipe ahead of time, refrigerate the salad and add the goat cheese and tomatoes just before serving.

Nutrition Facts



Properties

Glycemic Index:32.9, Glycemic Load:3.56, Inflammation Score:-7, Nutrition Score:21.32086954687%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 394.43kcal (19.72%), Fat: 12.36g (19.02%), Saturated Fat: 2.88g (17.97%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 15.34g (5.58%), Sugar: 1.05g (1.17%), Cholesterol: 51.38mg (17.13%), Sodium: 502.77mg (21.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.09%), Fiber: 14.76g (59.04%), Folate: 236.11µg

(59.03%), Phosphorus: 377.6mg (37.76%), Manganese: 0.67mg (33.33%), Selenium: 22.99µg (32.84%), Zinc: 4.9mg (32.67%), Iron: 5.1mg (28.35%), Vitamin B1: 0.42mg (28.2%), Vitamin B6: 0.47mg (23.26%), Magnesium: 80.88mg (20.22%), Vitamin B3: 3.75mg (18.76%), Potassium: 636.64mg (18.19%), Vitamin B12: 1.03µg (17.13%), Vitamin K: 17.08µg (16.26%), Copper: 0.32mg (15.98%), Vitamin B2: 0.21mg (12.35%), Vitamin B5: 1.05mg (10.46%), Vitamin A: 413.23IU (8.26%), Vitamin E: 1.1mg (7.34%), Vitamin C: 4.49mg (5.44%), Calcium: 48.17mg (4.82%)