




 **58%**
HEALTH SCORE

Ginger Lentils With Carrots and Fresh Herbs


 Vegetarian  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



6

CALORIES



162 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 0.5 avocado
- 1 large carrots
- 1 tablespoon cumin seeds
- 1 tablespoon ginger fresh grated
- 6 servings mint leaves fresh chopped
- 1 juice of lemon
- 1 cup lentils
- 1 tablespoon honey raw

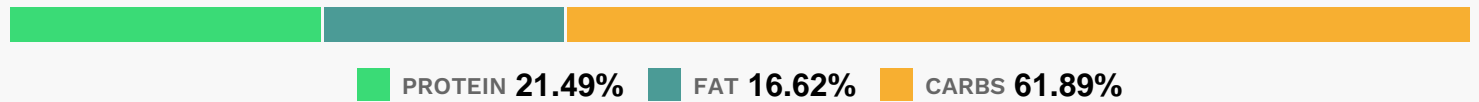
6 servings sea salt

Equipment

Directions

- Peel and slice the carrot.
- Sautee the carrot slices with the cumin
- Seeds for 15 minutes.
- Remove from fire and let cool. Meanwhile, peel
- And grate the ginger, mix it with the juice of 1 lemon, raw honey, Fresh mint and salt. Taste it and adjust it to taste.
- Mix the carrots, Lentils, a cabed avocado and dressing and enjoy!

Nutrition Facts



Properties

Glycemic Index:30.62, Glycemic Load:4.38, Inflammation Score:-9, Nutrition Score:13.932608695652%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Taste

Sweetness: 56.39%, Saltiness: 100%, Sourness: 38.76%, Bitterness: 56.26%, Savoriness: 36.63%, Fattiness: 53.76%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 161.8kcal (8.09%), Fat: 3.08g (4.74%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 25.83g (8.61%), Net Carbohydrates: 14.38g (5.23%), Sugar: 4.37g (4.86%), Cholesterol: 0mg (0%), Sodium: 207.49mg (9.02%), Protein: 8.97g (17.93%), Fiber: 11.45g (45.79%), Folate: 171.57µg (42.89%), Vitamin A: 2097.14IU (41.94%), Manganese: 0.52mg (25.91%), Vitamin B1: 0.31mg (20.47%), Iron: 3.28mg (18.24%), Phosphorus: 163.89mg (16.39%), Potassium: 460.66mg (13.16%), Magnesium: 50.67mg (12.67%), Vitamin B6: 0.24mg (12.15%), Zinc: 1.74mg (11.6%), Copper: 0.22mg (11.01%), Vitamin B5: 0.96mg (9.65%), Vitamin C: 6.2mg (7.51%), Vitamin B3: 1.32mg (6.62%), Vitamin K: 6.76µg (6.43%), Vitamin B2: 0.1mg (6.16%), Vitamin E: 0.63mg (4.18%), Selenium: 2.83µg (4.04%), Calcium: 36.45mg (3.64%)