



Greek Lentil Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



931 kcal

SIDE DISH

Ingredients

- ☐ 1 beefsteak tomatoes diced
- ☐ 30 ounce brown lentils canned
- ☐ 1 cucumber diced english peeled
- ☐ 1 cup feta cheese crumbled
- ☐ 16 ounce greek
- ☐ 1 large onion diced red

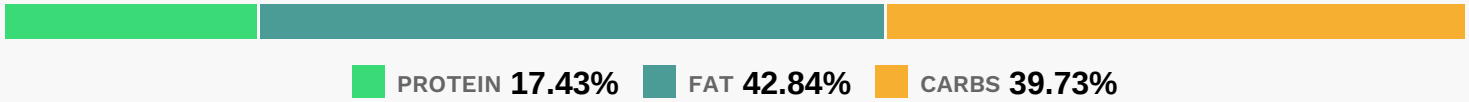
Equipment

- ☐ bowl

Directions

- ☐ Strain lentils and place in a large bowl.
- ☐ Pour in 1/2 of the salad dressing, and stir to coat.
- ☐ Place in the refrigerator while preparing other vegetables.
- ☐ Add feta cheese, cucumber, tomato, and red onion. Cover, and refrigerate for 1 hour.
- ☐ Stir in remaining dressing when ready to serve. May be kept, covered, in the refrigerator for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:19.43, Glycemic Load:11.53, Inflammation Score:-9, Nutrition Score:45.931739141112%

Flavonoids

Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg

Nutrients (% of daily need)

Calories: 931.09kcal (46.55%), Fat: 44.94g (69.14%), Saturated Fat: 10.47g (65.42%), Carbohydrates: 93.75g (31.25%), Net Carbohydrates: 49.28g (17.92%), Sugar: 7.87g (8.74%), Cholesterol: 22.25mg (7.42%), Sodium: 298.83mg (12.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.15g (82.29%), Fiber: 44.47g (177.9%), Folate: 702.45µg (175.61%), Manganese: 2.02mg (101%), Vitamin K: 94.98µg (90.46%), Vitamin B1: 1.32mg (87.92%), Phosphorus: 754.45mg (75.44%), Iron: 11.18mg (62.12%), Zinc: 7.72mg (51.49%), Magnesium: 192.25mg (48.06%), Vitamin B6: 0.96mg (47.94%), Potassium: 1609.8mg (45.99%), Copper: 0.8mg (40.24%), Vitamin B5: 3.48mg (34.78%), Vitamin B2: 0.54mg (31.9%), Vitamin E: 4.55mg (30.33%), Selenium: 16.97µg (24.24%), Calcium: 220.51mg (22.05%), Vitamin B3: 4.35mg (21.74%), Vitamin C: 16.76mg (20.31%), Vitamin A: 685.68IU (13.71%), Vitamin B12: 0.42µg (7.04%)