



HEALTH SCORE

100%

Grilled Peppers and Lentil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.3 cup cilantro leaves
- ☐ 0.8 pound lentils dried
- ☐ 1 teaspoon fennel pollen
- ☐ 1 bell pepper green seeded quartered
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 cup kalamata olives pitted chopped

- ☐ 0.3 cup juice of lime fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 small onion peeled halved
- ☐ 0.7 cup plum tomatoes chopped
- ☐ 1 bell pepper red seeded quartered
- ☐ 1.1 teaspoons salt divided
- ☐ 1 bell pepper yellow seeded quartered

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

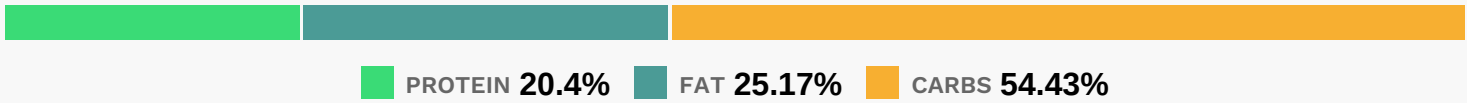
Directions

- ☐ Preheat grill to high heat.
- ☐ Lightly coat bell pepper pieces with cooking spray.
- ☐ Place bell pepper pieces, skin side down, on grill rack; grill 12 minutes or until skins are blackened.
- ☐ Place bell pepper pieces in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes; peel and chop bell peppers. Discard skins.
- ☐ Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper.
- ☐ Place bell peppers in a large bowl.
- ☐ Rinse and drain lentils; place in a large saucepan. Cover with water to 3 inches above lentils; add onion and bay leaf to pan. Bring to a boil. Cover, reduce heat, and simmer 20 minutes or until lentils are just tender.
- ☐ Drain lentils. Discard onion halves and bay leaf.
- ☐ Add lentils to bell peppers.

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Add remaining 5/8 teaspoon salt, remaining 1/4 teaspoon black pepper, tomato, and remaining ingredients to lentil mixture; stir well.

Nutrition Facts



Properties

Glycemic Index:37.93, Glycemic Load:5.09, Inflammation Score:-9, Nutrition Score:26.700000099514%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 304.1kcal (15.2%), Fat: 8.7g (13.38%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 42.32g (14.11%), Net Carbohydrates: 23.06g (8.38%), Sugar: 4.11g (4.56%), Cholesterol: 0mg (0%), Sodium: 532.93mg (23.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Vitamin C: 90.53mg (109.74%), Fiber: 19.27g (77.07%), Folate: 301.47µg (75.37%), Manganese: 0.91mg (45.6%), Vitamin B1: 0.55mg (36.5%), Vitamin K: 32.05µg (30.52%), Phosphorus: 285.19mg (28.52%), Iron: 5.1mg (28.33%), Vitamin B6: 0.49mg (24.54%), Vitamin A: 1149.19IU (22.98%), Potassium: 787.6mg (22.5%), Magnesium: 83.88mg (20.97%), Zinc: 2.94mg (19.58%), Copper: 0.37mg (18.7%), Vitamin E: 2.13mg (14.2%), Vitamin B5: 1.4mg (13.98%), Vitamin B3: 2.2mg (11%), Vitamin B2: 0.17mg (9.77%), Selenium: 4.98µg (7.11%), Calcium: 68.57mg (6.86%)