



Grilled-Vegetable Salad with Lentils



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounces asparagus trimmed
- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 cups lentils dried
- ☐ 12 ounce eggplant
- ☐ 1 small garlic clove minced
- ☐ 1 teaspoon herbs de provence dried
- ☐ 1.5 tablespoons olive oil

- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 small and orange peppers quartered
- ☐ 1 small bell pepper red quartered
- ☐ 0.5 cup onion red finely chopped
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons walnut pieces coarsely chopped
- ☐ 4 cups water
- ☐ 1 small bell pepper yellow quartered
- ☐ 2 slices zucchini 1-inch-thick
- ☐ 1 teaspoon thyme dried fresh chopped

Equipment

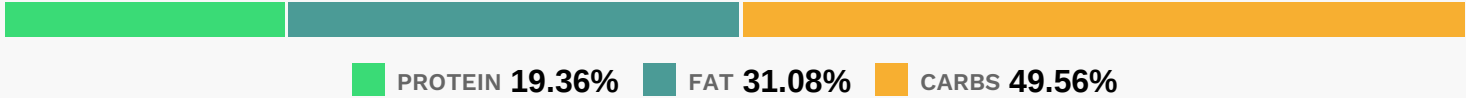
- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ To prepare lentils, rinse and drain lentils.
- ☐ Place water, lentils, and bay leaf in a medium saucepan; bring to a boil. Reduce heat and simmer 20 minutes.
- ☐ Drain; discard bay leaf.
- ☐ Combine lentils, red onion, and next 7 ingredients (through garlic) in a large bowl.
- ☐ To prepare vegetables, combine asparagus and next 6 ingredients (through oil) in a large bowl; toss well to coat. Grill zucchini, peppers, and eggplant 15 minutes, turning once. Grill asparagus 6 minutes, turning once.
- ☐ Place vegetables in a bowl; drizzle with 2 teaspoons vinegar.

- ☐ Sprinkle with remaining ingredients; toss well to coat.
- ☐ Serve with lentils.

Nutrition Facts



Properties

Glycemic Index:68.65, Glycemic Load:6.93, Inflammation Score:-10, Nutrition Score:38.0313044009%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 5.85mg, Isorhamnetin: 5.85mg, Isorhamnetin: 5.85mg, Isorhamnetin: 5.85mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.31mg, Quercetin: 16.31mg, Quercetin: 16.31mg, Quercetin: 16.31mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 417.61kcal (20.88%), Fat: 14.93g (22.96%), Saturated Fat: 1.98g (12.34%), Carbohydrates: 53.55g (17.85%), Net Carbohydrates: 27.78g (10.1%), Sugar: 8.57g (9.53%), Cholesterol: 0mg (0%), Sodium: 314.2mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.92g (41.84%), Vitamin C: 93.73mg (113.62%), Fiber: 25.76g (103.06%), Folate: 402.68µg (100.67%), Manganese: 1.53mg (76.28%), Vitamin K: 58.91µg (56.11%), Vitamin B1: 0.77mg (51.42%), Iron: 8.04mg (44.68%), Phosphorus: 395.37mg (39.54%), Vitamin A: 1915.66IU (38.31%), Copper: 0.73mg (36.25%), Vitamin B6: 0.7mg (35.25%), Potassium: 1171.55mg (33.47%), Magnesium: 123.58mg (30.9%), Zinc: 4.05mg (27.01%), Vitamin E: 3.71mg (24.74%), Vitamin B5: 2.06mg (20.6%), Vitamin B2: 0.34mg (20.19%), Vitamin B3: 3.71mg (18.56%), Selenium: 8.11µg (11.58%), Calcium: 98.27mg (9.83%)