



Italian Lentil Salad

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



458 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups lentils dried rinsed
- ☐ 1 bunch basil fresh
- ☐ 4 ounces mozzarella cheese fresh sliced
- ☐ 4 ounces pancetta thinly sliced
- ☐ 4 cups water

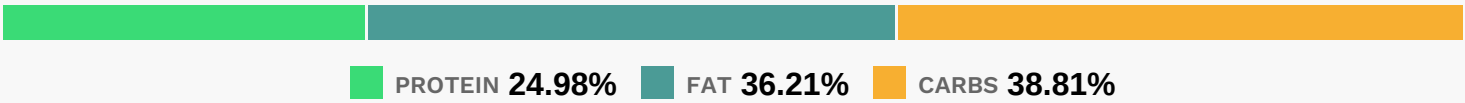
Equipment

- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a saucepan; add lentils. Cover and simmer until lentils are tender, about 35 minutes.
- ☐ Drain and and cool to room temperature.
- ☐ Divide lentils among 4 salad plates; layer with mozzarella cheese slices, prosciutto, and fresh basil.
- ☐ Drizzle balsamic vinaigrette over each salad.

Nutrition Facts



Properties

Glycemic Index:30.4, Glycemic Load:5.42, Inflammation Score:-8, Nutrition Score:26.383912926135%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 457.89kcal (22.89%), Fat: 18.36g (28.25%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 22.3g (8.11%), Sugar: 1.76g (1.96%), Cholesterol: 41.11mg (13.7%), Sodium: 381.65mg (16.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.5g (57%), Fiber: 21.99g (87.97%), Folate: 348.22µg (87.06%), Manganese: 0.99mg (49.61%), Vitamin B1: 0.72mg (47.73%), Phosphorus: 467.02mg (46.7%), Iron: 5.73mg (31.85%), Zinc: 4.64mg (30.96%), Magnesium: 100.56mg (25.14%), Vitamin B6: 0.48mg (23.89%), Selenium: 16.5µg (23.57%), Potassium: 771.18mg (22.03%), Copper: 0.43mg (21.71%), Calcium: 195.54mg (19.55%), Vitamin B5: 1.74mg (17.42%), Vitamin B3: 3.06mg (15.32%), Vitamin B2: 0.26mg (15.1%), Vitamin B12: 0.79µg (13.14%), Vitamin K: 12.55µg (11.95%), Vitamin A: 335.71IU (6.71%), Vitamin C: 3.53mg (4.28%), Vitamin E: 0.54mg (3.63%), Vitamin D: 0.23µg (1.51%)