



HEALTH SCORE

60%

Kielbasa and Lentil Salad with Warm Mustard-Fennel Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



595 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 3 carrots peeled thinly sliced
- ☐ 2 celery stalks chopped
- ☐ 2 tablespoons dijon mustard coarse-grained
- ☐ 1 pound lentils dried
- ☐ 1 large fennel bulb with fronds, bulb and fronds chopped and reserved separately
- ☐ 2 heads salad leaves curly endive separated

- ☐ 3 garlic clove peeled
- ☐ 5 spring onion chopped
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons salt
- ☐ 1 pound sausage smoked fully cooked thinly sliced
- ☐ 1.5 teaspoons sugar

Equipment

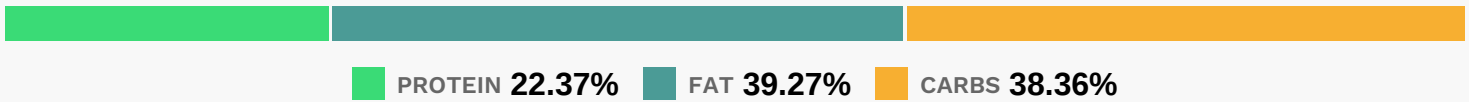
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Place lentils, carrots and celery in heavy large saucepan.
- ☐ Add enough cold water to cover. Stir in salt and bring to boil. Reduce heat, cover and simmer until lentils are just tender, about 20 minutes.
- ☐ Drain.
- ☐ Transfer lentil mixture to bowl.
- ☐ Meanwhile, whisk vinegar, mustard and sugar in small bowl to blend; set aside.
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add kielbasa and sauté until brown, about 5 minutes. Using slotted spoon, transfer to paper towels. Cover to keep warm.
- ☐ Pour off any fat from skillet and discard.
- ☐ Add remaining 1/2 cup oil to skillet; heat over medium heat.
- ☐ Add garlic and stir until golden, about 2 minutes. Discard garlic.
- ☐ Add fennel bulb to skillet and sauté until crisp-tender, about 4 minutes.

- ☐
- Add green onions and stir 1 minute.
- ☐
- Whisk in vinegar mixture and bring to boil.
- ☐
- Pour fennel mixture over lentils. Toss to coat. Season with salt and pepper.
- ☐
- Line large shallow bowl with frisée leaves. Spoon in lentil salad. Arrange kielbasa slices atop lentils.
- ☐
- Sprinkle with chopped fennel fronds and serve.

Nutrition Facts



Properties

Glycemic Index:63.42, Glycemic Load:8.27, Inflammation Score:-10, Nutrition Score:44.573478118233%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 595.17kcal (29.76%), Fat: 26.1g (40.16%), Saturated Fat: 7.53g (47.06%), Carbohydrates: 57.38g (19.13%), Net Carbohydrates: 28.72g (10.44%), Sugar: 6.43g (7.14%), Cholesterol: 54.43mg (18.14%), Sodium: 1394.42mg (60.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.46g (66.92%), Vitamin K: 280.79µg (267.42%), Vitamin A: 9649.95IU (193%), Folate: 469.34µg (117.34%), Fiber: 28.66g (114.65%), Manganese: 1.55mg (77.45%), Vitamin B1: 0.96mg (63.69%), Phosphorus: 521.37mg (52.14%), Potassium: 1539.41mg (43.98%), Iron: 7.91mg (43.94%), Vitamin B6: 0.81mg (40.41%), Zinc: 5.82mg (38.8%), Vitamin C: 30.82mg (37.36%), Copper: 0.72mg (36.13%), Magnesium: 141.31mg (35.33%), Vitamin B3: 6.55mg (32.73%), Vitamin B5: 3.21mg (32.07%), Vitamin E: 3.39mg (22.62%), Vitamin B2: 0.37mg (21.83%), Calcium: 168.71mg (16.87%), Selenium: 8.8µg (12.58%), Vitamin B12: 0.64µg (10.71%), Vitamin D: 0.98µg (6.55%)