



Lebanese Lentils

 Vegetarian  Gluten Free

READY IN



220 min.

SERVINGS



6

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 Tbsp heinz balsamic vinegar
- 4 oz athenos feta cheese crumbled traditional
- 2 Tbsp mint leaves fresh chopped
- 2 cloves garlic minced
- 1 cup lentils dry
- 6 Tbsp olive oil
- 0.3 cup onions red chopped
- 0.8 cup pasilla peppers red chopped

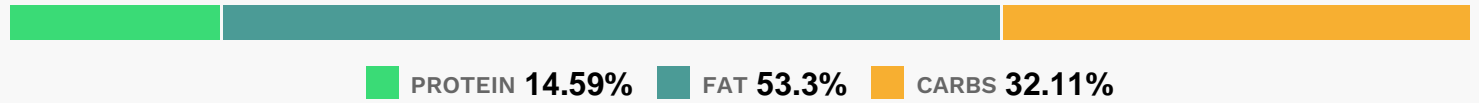
Equipment

- frying pan
- sauce pan

Directions

- Place lentils in medium saucepan.
- Add enough water to pan to cover lentils by 2 inches. Cook on medium heat 30 min. or until lentils are tender; drain.
- Add peppers, onions and mint; mix lightly. Cover. Refrigerate several hours or until chilled.
- Combine oil, vinegar and garlic.
- Pour over lentil mixture; mix lightly.
- Add cheese; toss lightly.

Nutrition Facts



Properties

Glycemic Index:31.77, Glycemic Load:4.4, Inflammation Score:-7, Nutrition Score:15.763043610946%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 311.15kcal (15.56%), Fat: 18.48g (28.43%), Saturated Fat: 4.51g (28.2%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 14.68g (5.34%), Sugar: 4.21g (4.68%), Cholesterol: 16.82mg (5.61%), Sodium: 222.77mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.77%), Folate: 170.22µg (42.56%), Fiber: 10.37g

(41.46%), Vitamin C: 26.39mg (31.98%), Manganese: 0.51mg (25.36%), Phosphorus: 220.39mg (22.04%), Vitamin B1: 0.32mg (21.67%), Vitamin E: 2.5mg (16.69%), Vitamin B6: 0.33mg (16.54%), Iron: 2.87mg (15.96%), Vitamin B2: 0.25mg (14.58%), Zinc: 2.17mg (14.44%), Vitamin A: 698.31IU (13.97%), Calcium: 122.01mg (12.2%), Magnesium: 48.35mg (12.09%), Potassium: 394.7mg (11.28%), Vitamin K: 11.33µg (10.79%), Vitamin B5: 0.95mg (9.45%), Copper: 0.19mg (9.38%), Selenium: 5.7µg (8.14%), Vitamin B3: 1.23mg (6.15%), Vitamin B12: 0.32µg (5.32%)