



Lemony Lentils with Black Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup carrots chopped
- 1 cup lentils dried
- 1 tablespoon olive oil extravirgin
- 0.3 cup parsley fresh chopped
- 1 garlic clove minced
- 2 garlic cloves crushed
- 0.3 cup green onions chopped

- 0.3 cup kalamata olives pitted chopped
- 3 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.5 cup plum tomatoes seeded chopped
- 1 rosemary sprig
- 0.5 teaspoon salt
- 1 thyme sprig
- 3 cups water
- 2 teaspoons or dried fresh chopped
- 2 teaspoons or dried fresh chopped

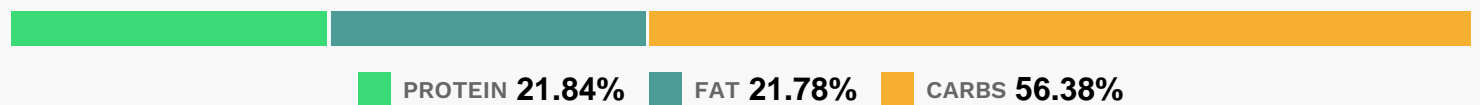
Equipment

- bowl
- sauce pan
- whisk

Directions

- To prepare dressing, combine first 7 ingredients, stirring with a whisk.
- To prepare lentils, combine water and next 5 ingredients (water through rosemary) in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 18 minutes or until lentils are tender.
- Drain; discard thyme and rosemary.
- Place lentil mixture in a large bowl; stir in tomato, olives, parsley, and onions.
- Pour dressing over lentil mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:63.41, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:16.086521770643%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 159.25kcal (7.96%), Fat: 3.95g (6.07%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 12.08g (4.39%), Sugar: 2.06g (2.29%), Cholesterol: 0mg (0%), Sodium: 329.49mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.81%), Vitamin K: 55.86µg (53.2%), Vitamin A: 2250.11IU (45%), Fiber: 10.91g (43.64%), Folate: 166.73µg (41.68%), Manganese: 0.51mg (25.71%), Vitamin B1: 0.31mg (20.34%), Vitamin C: 13.35mg (16.19%), Phosphorus: 159.37mg (15.94%), Iron: 2.85mg (15.81%), Potassium: 432.11mg (12.35%), Magnesium: 47.96mg (11.99%), Vitamin B6: 0.23mg (11.74%), Copper: 0.23mg (11.31%), Zinc: 1.67mg (11.16%), Vitamin B5: 0.77mg (7.69%), Vitamin E: 1.01mg (6.75%), Vitamin B3: 1.15mg (5.76%), Vitamin B2: 0.09mg (5.18%), Calcium: 42.77mg (4.28%), Selenium: 2.99µg (4.27%)