



Lentil and Buckwheat Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup roasted buckwheat groats uncooked
- ☐ 3 carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 1 cup green lentils rinsed drained
- ☐ 1 eggs
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 cloves garlic minced

- ☐ 0.1 teaspoon ground cardamom
- ☐ 1 tablespoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon lemon thyme fresh chopped
- ☐ 1 teaspoon marjoram leaves fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 medium onions chopped
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons seasoning blend salt-free
- ☐ 4 cups vegetable broth

Equipment

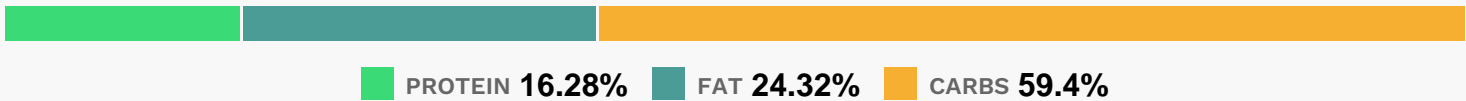
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring broth to a boil in a large pot over high heat. Stir in lentils, reduce heat to low and simmer until lentils are tender but firm, 15 to 20 minutes.
- ☐ Drain, but reserve liquid.
- ☐ Transfer lentils to a large bowl.
- ☐ Heat olive oil over medium heat in a skillet. Cook onions until they are soft and translucent about 10 minutes, stirring occasionally.
- ☐ Add celery, carrots, and garlic and continue cooking until carrots are just tender, about 10 minutes. Stir vegetables into lentils.
- ☐ Mix in the seasoning blend, marjoram, thyme, lemon thyme, cumin, crushed red pepper, and cardamom. Set aside.

- ☐ Whisk egg in a bowl; add the buckwheat and stir until well coated with egg.
- ☐ Heat 1 tablespoon of olive oil in a skillet over medium heat.
- ☐ Add buckwheat and egg mixture. Cook, stirring constantly, until buckwheat has absorbed the egg and appears dry, about 10 minutes. Stir in 2 cups of the reserved lentil liquid and bring to a boil over medium-high heat; reduce heat to low and simmer until liquid is absorbed and buckwheat is soft but maintains its shape and texture, 15 to 25 minutes.
- ☐ Mix buckwheat into lentil mixture. Season with salt, pepper, 1 tablespoon olive oil, and vinegar. Stir and adjust seasonings.
- ☐ Serve warm, at room temperature, or chilled.

Nutrition Facts



Properties

Glycemic Index:106.61, Glycemic Load:21.45, Inflammation Score:-10, Nutrition Score:39.086521672166%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg, Quercetin: 17.9mg Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 509.78kcal (25.49%), Fat: 14.42g (22.19%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 79.27g (26.42%), Net Carbohydrates: 54.2g (19.71%), Sugar: 8.15g (9.06%), Cholesterol: 40.92mg (13.64%), Sodium: 1308.78mg (56.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.72g (43.44%), Vitamin A: 8582.62IU (171.65%), Fiber: 25.07g (100.26%), Manganese: 1.87mg (93.41%), Folate: 292.5µg (73.13%), Vitamin K: 68.03µg (64.79%), Iron: 9.11mg (50.62%), Magnesium: 199.79mg (49.95%), Phosphorus: 445.85mg (44.59%), Copper: 0.85mg (42.51%), Vitamin B1: 0.55mg (36.87%), Potassium: 1090.52mg (31.16%), Vitamin B6: 0.62mg (31.15%), Zinc: 4.01mg (26.75%), Vitamin B3: 5.29mg (26.47%), Vitamin B2: 0.44mg (25.78%), Vitamin E: 3.73mg (24.86%), Calcium: 217.96mg (21.8%), Vitamin B5: 2.05mg (20.49%), Selenium: 11.98µg (17.11%), Vitamin C: 11.92mg (14.45%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)