



Lentil-and-Orzo Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups lentils cooked
- 1 cup orzo pasta cooked
- 1.5 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground pepper black
- 2 tablespoons juice of lemon fresh
- 0.5 bell pepper diced red
- 0.5 small onion diced red

- 0.3 teaspoon pepper dried red crushed
- 0.5 teaspoon salt
- 0.3 cup vinaigrette dressing

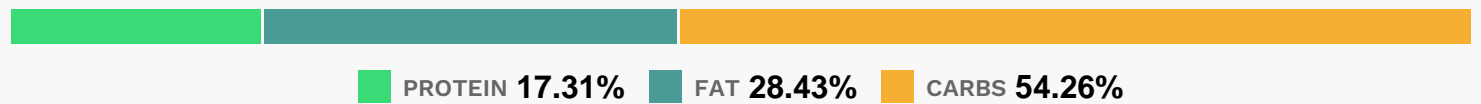
Equipment

- bowl
- whisk

Directions

- Whisk together first 6 ingredients in a large bowl; add lentils and remaining ingredients, tossing gently to coat.
- Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:51.54, Glycemic Load:10.69, Inflammation Score:-7, Nutrition Score:15.509130612664%

Flavonoids

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 271.83kcal (13.59%), Fat: 8.8g (13.54%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 28.41g (10.33%), Sugar: 3.85g (4.28%), Cholesterol: 0mg (0%), Sodium: 297.1mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.11%), Folate: 193.61µg (48.4%), Fiber: 9.37g (37.47%), Manganese: 0.72mg (35.93%), Vitamin C: 24.51mg (29.7%), Iron: 4.21mg (23.39%), Selenium: 15.51µg (22.15%), Phosphorus: 215.86mg (21.59%), Vitamin K: 18.92µg (18.02%), Copper: 0.31mg (15.58%), Vitamin B6: 0.27mg (13.35%), Potassium: 457.39mg (13.07%), Vitamin B1: 0.2mg (13%), Magnesium: 49.24mg (12.31%), Zinc: 1.58mg (10.55%), Vitamin A: 526.11IU (10.52%), Vitamin E: 1.17mg (7.79%), Vitamin B5: 0.76mg (7.63%), Vitamin B3: 1.44mg

(7.18%), Vitamin B2: 0.1mg (5.99%), Calcium: 30.86mg (3.09%)