



Lentil and Orzo Salad with Flank Steak and Feta

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup petite green lentils dried
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 3 ounces feta cheese crumbled
- ☐ 6 ounces basic grilled flank steak chopped
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted chopped

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1.3 cups orzo pasta rice-shaped uncooked (8 ounces pasta)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup balsamic vinegar white

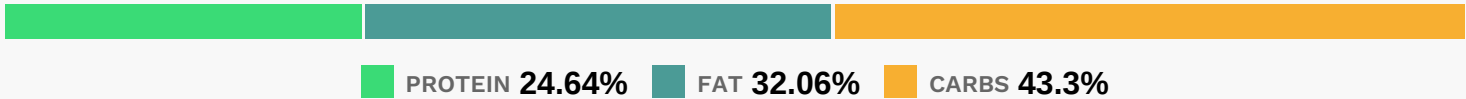
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place lentils in a medium saucepan, and cover with water to 2 inches above lentils. Bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Place lentils in a large bowl.
- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and rinse with cold water; drain.
- ☐ Add pasta, Basic Grilled Flank Steak, cheese, basil, olives, and oregano to lentils; toss well to combine.
- ☐ Combine vinegar and remaining ingredients, stirring with a whisk.
- ☐ Drizzle over pasta mixture; toss gently to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:46.77, Glycemic Load:7.26, Inflammation Score:-8, Nutrition Score:17.316956431969%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 298.86kcal (14.94%), Fat: 10.58g (16.27%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 21.37g (7.77%), Sugar: 2.65g (2.95%), Cholesterol: 29.63mg (9.88%), Sodium: 463.84mg (20.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.59%), Fiber: 10.77g (43.1%), Folate: 167.3µg (41.82%), Manganese: 0.65mg (32.68%), Selenium: 21.29µg (30.41%), Phosphorus: 279.24mg (27.92%), Vitamin B1: 0.34mg (22.55%), Vitamin B6: 0.45mg (22.42%), Zinc: 3.26mg (21.75%), Iron: 3.63mg (20.17%), Vitamin K: 18.73µg (17.84%), Vitamin B3: 3.03mg (15.15%), Magnesium: 60.42mg (15.1%), Vitamin B2: 0.23mg (13.81%), Potassium: 474.8mg (13.57%), Copper: 0.25mg (12.71%), Calcium: 121.37mg (12.14%), Vitamin B5: 1.07mg (10.75%), Vitamin E: 1.33mg (8.9%), Vitamin B12: 0.5µg (8.29%), Vitamin A: 214.62IU (4.29%), Vitamin C: 2.1mg (2.54%)