



HEALTH SCORE

76%

Lentil and Rice Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 bay leaf



1 carrots diced peeled finely



2.5 cups chicken broth



1.3 cups green lentils dried



1 tablespoon thyme leaves fresh chopped



2 garlic cloves minced



0.5 cup kalamata olives pitted coarsely chopped



2 teaspoons lemon zest finely grated

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 0.5 cup parsley leaves fresh italian chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 cup rice long-grain white

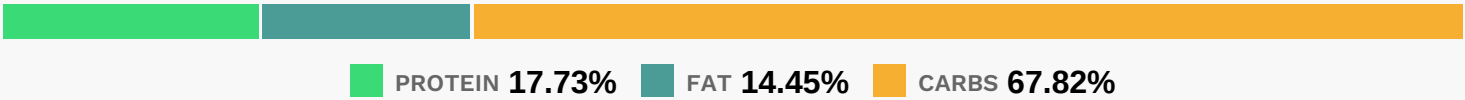
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 1 tablespoon of oil in a large saucepan.
- ☐ Add the carrot, onion, and garlic and saute until the onion is translucent, about 5 minutes. Stir in the lentils.
- ☐ Add 2 1/2 cups of broth and bring to a boil over high heat. Decrease the heat to medium-low. Cover and simmer gently until the lentils are just tender, about 15 minutes.
- ☐ Drain well.
- ☐ Transfer the lentils to a large bowl.
- ☐ Meanwhile, bring the remaining 2 cups broth and bay leaf to a boil in a medium saucepan over high heat.
- ☐ Add the rice and return the broth to a simmer. Cover and simmer gently over low heat until the rice is tender and the liquid is absorbed, about 20 minutes (do not stir the rice as it cooks).
- ☐ Remove the saucepan from the heat. Fluff the rice with a large fork.
- ☐ Transfer to the bowl with the lentils.
- ☐ Add the olives, parsley, thyme, and lemon peel. Toss the rice mixture with the remaining 3 tablespoons oil to coat. Season, to taste, with salt and pepper.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:49.77, Glycemic Load:18.52, Inflammation Score:-10, Nutrition Score:22.356521755457%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 310.48kcal (15.52%), Fat: 4.99g (7.68%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 52.73g (17.58%), Net Carbohydrates: 38.82g (14.12%), Sugar: 2.39g (2.65%), Cholesterol: 1.96mg (0.65%), Sodium: 553.38mg (24.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.56%), Vitamin K: 87.16µg (83.01%), Fiber: 13.9g (55.62%), Folate: 206.84µg (51.71%), Manganese: 1mg (50.05%), Vitamin A: 2239.08IU (44.78%), Vitamin B1: 0.41mg (27.54%), Phosphorus: 233.09mg (23.31%), Iron: 4.01mg (22.26%), Copper: 0.33mg (16.58%), Magnesium: 66.02mg (16.5%), Zinc: 2.45mg (16.37%), Vitamin B6: 0.32mg (16.04%), Vitamin C: 12.92mg (15.66%), Potassium: 530.7mg (15.16%), Vitamin B5: 1.26mg (12.56%), Selenium: 8.69µg (12.42%), Vitamin B2: 0.18mg (10.55%), Vitamin B3: 1.99mg (9.94%), Vitamin E: 1.14mg (7.63%), Calcium: 61.77mg (6.18%)