



HEALTH SCORE

76%

Lentil and Seed Salad for MFK Fisher



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon cumin seed
- ☐ 6 cups fat-skimmed chicken broth
- ☐ 2 tablespoons ginger fresh minced
- ☐ 1 cup green onions chopped (including tops)
- ☐ 0.5 optional: lemon seeded thinly sliced
- ☐ 2 cups lentils
- ☐ 3 tablespoons mustard seed
- ☐ 0.3 cup rice vinegar

☐ 6 servings salt to taste

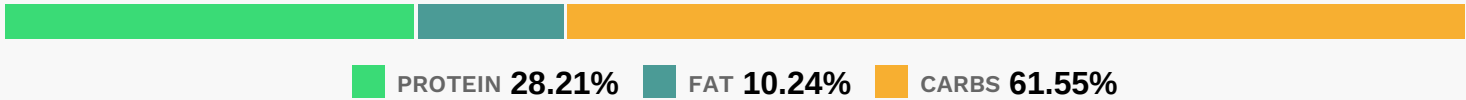
Equipment

☐ frying pan

Directions

- ☐ Sort 1 pound (about 2 cups) lentils and discard debris. Rinse and drain lentils.
- ☐ In a 3- to 4-quart pan, combine lentils, 6 cups fat-skimmed chicken broth, 1/2 teaspoon cumin seed, 2 tablespoons minced fresh ginger, 3 tablespoons mustard seed, 1/4 cup rice vinegar, and 1/2 lemon, thinly sliced and seeded.
- ☐ Bring to a boil over high heat. Cover and simmer until lentils are tender to bite about 45 minutes.
- ☐ Drain, reserving liquid.
- ☐ Let both mixtures cool.
- ☐ Add to lentils 1 cup chopped green onions (including tops), about 1/2 cup reserved liquid (enough to moisten salad), and salt to taste.

Nutrition Facts



Properties

Glycemic Index:25.35, Glycemic Load:5.12, Inflammation Score:-8, Nutrition Score:26.040869609169%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 275.29kcal (13.76%), Fat: 3.17g (4.88%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 21.93g (7.97%), Sugar: 2.67g (2.97%), Cholesterol: 0mg (0%), Sodium: 1130.42mg (49.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.65g (39.3%), Fiber: 20.94g (83.76%), Folate: 329.67µg (82.42%), Manganese: 1.06mg (52.87%), Vitamin B1: 0.63mg (42.22%), Phosphorus: 368.81mg (36.88%), Vitamin K: 38.01µg (36.2%), Iron: 6.08mg (33.78%), Selenium: 21.97µg (31.38%), Magnesium: 106.48mg (26.62%), Zinc: 3.53mg (23.51%), Potassium: 791.23mg (22.61%), Copper: 0.44mg (21.77%), Vitamin B6: 0.42mg (21.05%), Vitamin B5: 1.72mg (17.21%), Vitamin B3: 3.32mg (16.58%), Vitamin C: 11.24mg (13.62%), Vitamin B2: 0.21mg (12.56%), Calcium: 76.57mg (7.66%), Vitamin B12: 0.45µg (7.57%), Vitamin E: 0.71mg (4.73%), Vitamin A: 196.93IU (3.94%)