



Lentil Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



601 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon agave syrup
- ☐ 1 avocado diced pitted
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 bay leaf
- ☐ 1 carrots diced peeled
- ☐ 2 ribs celery diced finely
- ☐ 0.3 cup cranberries dried roughly chopped
- ☐ 2 cups green lentils french picked over rinsed for stones and

- ☐ 1 leaf flat parsley fresh chopped for garnish
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 lemon zest juiced
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.3 teaspoon pepper flakes dried red
- ☐ 0.3 onion diced sweet finely

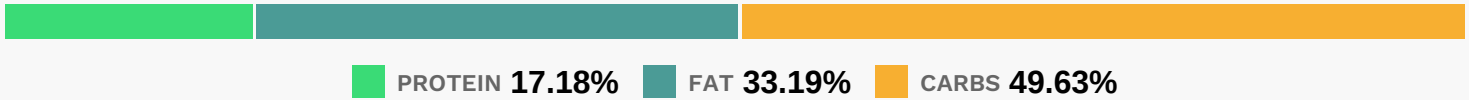
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large saucepan, heat 2 tablespoons of the oil over medium heat.
- ☐ Add the celery, carrots and onions, and sweat for 5 minutes while stirring.
- ☐ Add the lentils and cover with 2 inches of water. Stir in the bay leaf and bring to a boil, then reduce the heat and simmer for 30 to 35 minutes.
- ☐ Drain and season with salt and pepper. Discard the bay leaf and cool.
- ☐ While the lentils are cooking, make the vinaigrette.
- ☐ Whisk together the balsamic vinegar, agave, red pepper, lemon juice and zest and some salt and pepper. Slowly stream in 3 tablespoons oil while continuously whisking.
- ☐ Pour the vinaigrette over the cooled lentils then fold in the diced avocado and cranberries.
- ☐ Pour into a bowl, garnish with the chopped parsley and serve.

Nutrition Facts



Properties

Glycemic Index:68.11, Glycemic Load:9.25, Inflammation Score:-10, Nutrition Score:35.572173947873%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 601.48kcal (30.07%), Fat: 22.61g (34.79%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 76.09g (25.36%), Net Carbohydrates: 41.94g (15.25%), Sugar: 13.35g (14.83%), Cholesterol: 0mg (0%), Sodium: 43.23mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.68%), Fiber: 34.15g (136.6%), Folate: 516.72µg (129.18%), Manganese: 1.46mg (72.98%), Vitamin B1: 0.9mg (59.97%), Vitamin A: 2809.07IU (56.18%), Phosphorus: 478.52mg (47.85%), Iron: 7.91mg (43.97%), Potassium: 1309.81mg (37.42%), Vitamin B6: 0.72mg (36.19%), Vitamin K: 37.25µg (35.48%), Magnesium: 139.98mg (34.99%), Zinc: 5.03mg (33.53%), Copper: 0.63mg (31.55%), Vitamin B5: 2.89mg (28.86%), Vitamin E: 3.92mg (26.14%), Vitamin B3: 3.7mg (18.49%), Vitamin B2: 0.3mg (17.7%), Vitamin C: 13.51mg (16.38%), Selenium: 8.49µg (12.13%), Calcium: 83.46mg (8.35%)