



Lentil Quinoa Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 green onions chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup lentils
- ☐ 1 lime zest
- ☐ 0.5 cup quinoa

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 cup vegetable oil
- ☐ 1.3 cups water

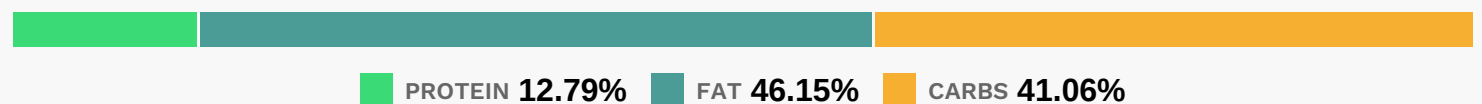
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the quinoa in a sieve and rinse in cold water. In a large microwave-proof bowl with a cover, add the rinsed quinoa and 1 1/4 cups water. Cover and microwave on high for 9 minutes.
- ☐ Let it sit for 2 minutes then stir. Quinoa should be tender enough to eat, but with a little "pop" upon biting.
- ☐ Put the lentils in a sieve and rinse in cold water. In a saucepan, simmer the lentils in 2 cups water until the lentils are tender, but not mushy, about 30 minutes.
- ☐ Drain and cool.
- ☐ In a small bowl, whisk the mustard and vinegar together, and drizzle in the oil to make an emulsion.
- ☐ Add the garlic powder, lime zest, and salt, and pepper, to taste.
- ☐ To assemble the salad: In a medium salad bowl, mix the quinoa, lentils, green onions, and chopped cilantro. Top the salad with the dressing, toss to coat and serve.

Nutrition Facts



Properties

Glycemic Index:47.4, Glycemic Load:2.27, Inflammation Score:-6, Nutrition Score:14.535652253939%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 293.39kcal (14.67%), Fat: 15.26g (23.48%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 21.01g (7.64%), Sugar: 0.93g (1.04%), Cholesterol: 0mg (0%), Sodium: 22.02mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.04%), Folate: 159.49µg (39.87%), Manganese: 0.79mg (39.29%), Fiber: 9.53g (38.12%), Vitamin K: 39.27µg (37.4%), Phosphorus: 213.52mg (21.35%), Vitamin B1: 0.3mg (19.85%), Magnesium: 75.33mg (18.83%), Iron: 3.05mg (16.94%), Copper: 0.28mg (14.09%), Zinc: 1.87mg (12.48%), Vitamin B6: 0.25mg (12.42%), Vitamin E: 1.83mg (12.2%), Potassium: 391.37mg (11.18%), Vitamin C: 7.13mg (8.64%), Vitamin B2: 0.13mg (7.52%), Vitamin B5: 0.73mg (7.26%), Selenium: 4.38µg (6.25%), Vitamin B3: 1.02mg (5.12%), Calcium: 37.39mg (3.74%), Vitamin A: 88.71IU (1.77%)