



Lentil & red pepper salad



Vegetarian



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



1379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g lentils rinsed drained canned
- ☐ 5 roasted peppers red chopped
- ☐ 1 handful radishes sliced
- ☐ 1 handful olives
- ☐ 2 tbsp balsamic vinegar
- ☐ 4 tbsp olive oil
- ☐ 2 little gem lettuces
- ☐ 150 g feta cheese crumbled

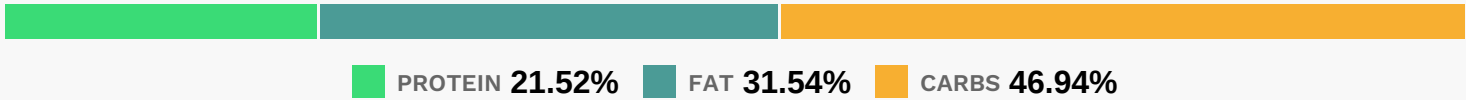
Equipment

☐ bowl

Directions

- ☐ Tip the lentils and peppers into a bowl with the radishes, olives, vinegar and oil, and mix well. Season to taste.
- ☐ Separate the lettuce leaves and put onto a large plate. Spoon over the lentil salad and scatter with the feta.

Nutrition Facts



Properties

Glycemic Index:82.8, Glycemic Load:24.86, Inflammation Score:-10, Nutrition Score:74.886521463809%

Flavonoids

Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg, Gallocatechin: 0.28mg

Nutrients (% of daily need)

Calories: 1378.86kcal (68.94%), Fat: 50.09g (77.07%), Saturated Fat: 14.89g (93.09%), Carbohydrates: 167.76g (55.92%), Net Carbohydrates: 92.85g (33.76%), Sugar: 31.44g (34.93%), Cholesterol: 66.75mg (22.25%), Sodium: 2316.42mg (100.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.88g (153.77%), Folate: 1325.79µg (331.45%), Fiber: 74.91g (299.64%), Vitamin C: 244.5mg (296.36%), Manganese: 4.83mg (241.65%), Vitamin B6: 4.04mg (201.8%), Vitamin B1: 2.43mg (162.04%), Phosphorus: 1607.33mg (160.73%), Vitamin B2: 2.69mg (158.38%), Potassium: 5083.58mg (145.25%), Magnesium: 464.11mg (116.03%), Iron: 20.6mg (114.42%), Zinc: 15.19mg (101.27%), Copper: 1.78mg (88.82%), Calcium: 699.55mg (69.96%), Vitamin B5: 6.8mg (68%), Vitamin A: 3180.83IU (63.62%), Vitamin B3: 12mg (60.02%), Vitamin K: 62.34µg (59.37%), Vitamin E: 6.89mg (45.92%), Selenium: 30.49µg (43.55%), Vitamin B12: 1.27µg (21.13%), Vitamin D: 0.3µg (2%)