

 100%
HEALTH SCORE

Lentil & red pepper salad with a soft egg



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



16 min.

SERVINGS



2

CALORIES



878 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 eggs
- ☐ 400 g green lentils rinsed drained canned
- ☐ 1 small onion red thinly sliced
- ☐ 1 bell pepper red finely chopped
- ☐ 1 tbsp balsamic vinegar
- ☐ 1 handful arugula
- ☐ 1 tbsp olive oil

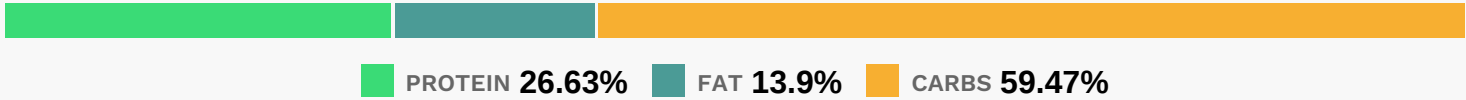
Equipment

☐ bowl

Directions

- ☐ Boil the eggs for 6 mins, then quickly cool under cold running water and peel off the shells. Tip the lentils into a bowl with the onion, red pepper and balsamic vinegar.
- ☐ Mix well.
- ☐ Put the salad onto a serving dish, then pile the rocket on top.
- ☐ Drizzle with the oil, then halve the eggs and sit them on top of the salad.

Nutrition Facts



Properties

Glycemic Index:82.8, Glycemic Load:17.18, Inflammation Score:-10, Nutrition Score:57.023912865183%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 3.19mg, Isorhamnetin: 3.19mg, Isorhamnetin: 3.19mg, Isorhamnetin: 3.19mg Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.09mg, Quercetin: 12.09mg, Quercetin: 12.09mg, Quercetin: 12.09mg Galliccatechin: 0.28mg, Galliccatechin: 0.28mg, Galliccatechin: 0.28mg, Galliccatechin: 0.28mg

Nutrients (% of daily need)

Calories: 877.81kcal (43.89%), Fat: 13.6g (20.93%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 130.93g (43.64%), Net Carbohydrates: 67.58g (24.58%), Sugar: 10.45g (11.62%), Cholesterol: 163.68mg (54.56%), Sodium: 83.74mg (3.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.64g (117.27%), Folate: 1026.2µg (256.55%), Fiber: 63.34g (253.38%), Manganese: 2.85mg (142.62%), Vitamin B1: 1.83mg (121.7%), Vitamin C: 90.53mg (109.73%), Phosphorus: 1027.26mg (102.73%), Iron: 16.46mg (91.47%), Vitamin B6: 1.4mg (70.06%), Zinc: 10.42mg (69.49%), Magnesium: 267.58mg (66.9%), Potassium: 2222.49mg (63.5%), Copper: 1.11mg (55.55%), Vitamin B5: 5.25mg (52.54%), Vitamin A: 2416.95IU (48.34%), Selenium: 30.47µg (43.53%), Vitamin B2: 0.7mg (41.01%), Vitamin B3: 5.92mg (29.6%), Vitamin K: 28.38µg (27.03%), Vitamin E: 3.44mg (22.96%), Calcium: 171.68mg (17.17%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)