

 61%
HEALTH SCORE

Lentil rice salad with beetroot & feta dressing



Vegetarian



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



1141 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 beets peeled cut into wedges (use different colours if you like)
- ☐ 100 g carrots
- ☐ 2 tbsp sherry vinegar
- ☐ 1 tsp dijon mustard
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 1 small bunch mint leaves leaves picked chopped
- ☐ 1 pinch sugar
- ☐ 250 g basmati rice cooked

- ☐ 400 g lentils drained and rinsed cooked canned
- ☐ 2 tbsp hazelnuts toasted roughly chopped
- ☐ 2 tbsp feta cheese crumbled

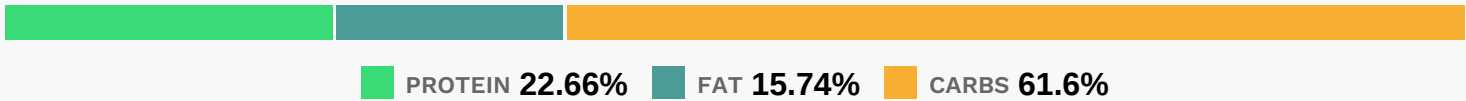
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook the beetroots in a pan of boiling water for 5–6 mins until just tender but still with a bite; add the carrots for the final 2 mins.
- ☐ Whisk together the vinegar, mustard, olive oil, chopped mint and sugar, and season.
- ☐ Put the rice and lentils in a bowl.
- ☐ Add the carrots and beetroots, then pour over the dressing and toss to combine.
- ☐ Transfer to a serving platter and sprinkle over the hazelnuts, feta and mint leaves to serve.

Nutrition Facts



Properties

Glycemic Index:181.96, Glycemic Load:43.61, Inflammation Score:-10, Nutrition Score:28.454347908497%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 1141.47kcal (57.07%), Fat: 19.53g (30.05%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 171.94g (57.31%), Net Carbohydrates: 104.11g (37.86%), Sugar: 13.1g (14.56%), Cholesterol: 15.13mg (5.04%), Sodium: 335.47mg (14.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.25g (126.5%), Fiber: 67.83g (271.33%), Vitamin A: 8540.54IU (170.81%), Iron: 16.88mg (93.8%), Manganese: 1.59mg (79.72%), Folate: 121.82µg (30.46%), Calcium: 269.73mg (26.97%), Vitamin C: 18.32mg (22.2%), Vitamin E: 2.96mg (19.73%), Phosphorus: 195.69mg (19.57%), Selenium: 13.64µg (19.49%), Vitamin B6: 0.37mg (18.64%), Copper: 0.36mg (17.88%), Potassium: 569.81mg (16.28%), Magnesium: 62.79mg (15.7%), Vitamin B2: 0.24mg (14.11%), Vitamin K: 12.74µg (12.13%), Vitamin B1: 0.18mg (12.02%), Zinc: 1.8mg (11.98%), Vitamin B5: 1.02mg (10.22%), Vitamin B3: 1.66mg (8.31%), Vitamin B12: 0.29µg (4.79%)