



Lentil Salad



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



488 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 1 pound green lentils
- ☐ 0.3 cup parsley leaves fresh finely chopped
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 1 large clove garlic halved

- ☐ 1 teaspoon kosher salt
- ☐ 1 recipe basic lentils cooked
- ☐ 0.3 cup olive oil
- ☐ 1 small onion halved
- ☐ 0.5 cup red wine vinegar
- ☐ 0.3 pound salt pork
- ☐ 6 slices thick- bacon cooked chopped

Equipment

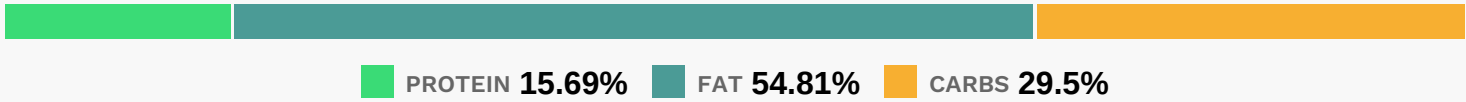
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Whisk the vinegar, olive oil, mustard, salt, pepper, parsley and thyme together in a large mixing bowl.
- ☐ Add the warm lentils and bacon and stir to combine.
- ☐ Serve warm or at room temperature.;
- ☐ Pick over the lentils, rinse and drain.
- ☐ Place the lentils along with the onion, garlic, bay leaf, salt and pork into a large 6-quart saucepan and cover with water by 2 to 3 inches.
- ☐ Place over high heat and bring just to a rolling boil. Reduce the heat to low, cover and simmer until the lentils are tender, approximately 25 to 30 minutes.
- ☐ Drain any remaining liquid and discard the onion, garlic, bay leaf and salt pork. Stir in black pepper and taste for salt.
- ☐ Serve immediately.
- ☐ Note from Alton: Those of you who watched this program on the 17th or 18th will want to disregard one particular suggestion I made regarding lentils: don't feed the left over onions to your dog. It turns out onions are not good for dogs in any shape or form. I'm grateful to the fans who emailed me after the airing for setting me straight on this nutritional peculiarity. As for my own dog's ability to digest onions, well...she's more hog than dog I guess.

- ☐ Cook smart,
- ☐ Alton

Nutrition Facts



Properties

Glycemic Index:35.53, Glycemic Load:4.4, Inflammation Score:-8, Nutrition Score:21.492173866085%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 487.68kcal (24.38%), Fat: 29.56g (45.47%), Saturated Fat: 8.79g (54.93%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 18.13g (6.59%), Sugar: 1.56g (1.74%), Cholesterol: 30.01mg (10%), Sodium: 869.89mg (37.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.03g (38.06%), Fiber: 17.66g (70.64%), Folate: 276.73µg (69.18%), Manganese: 0.82mg (41.05%), Vitamin B1: 0.61mg (40.62%), Vitamin K: 38.02µg (36.21%), Phosphorus: 309.51mg (30.95%), Iron: 4.79mg (26.6%), Zinc: 3.22mg (21.45%), Vitamin B6: 0.41mg (20.44%), Magnesium: 77.3mg (19.32%), Potassium: 641.33mg (18.32%), Selenium: 11.49µg (16.42%), Copper: 0.33mg (16.35%), Vitamin B3: 2.85mg (14.23%), Vitamin B5: 1.42mg (14.21%), Vitamin E: 1.39mg (9.26%), Vitamin B2: 0.16mg (9.25%), Vitamin C: 6.24mg (7.56%), Calcium: 43.13mg (4.31%), Vitamin A: 204.84IU (4.1%), Vitamin B12: 0.18µg (2.94%)