



Lentil Salad with a Persian Twist

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple cider vinegar
- 15 ounce lentils drained and rinsed canned
- 2 small cucumbers diced
- 6 servings salt and ground pepper black to taste
- 2 tablespoons juice of lime fresh
- 0.3 cup olive oil
- 1 onion diced red
- 2 tomatoes diced

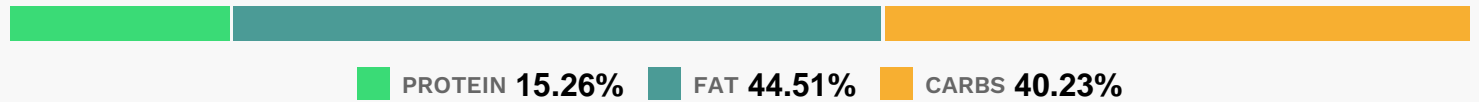
Equipment

- bowl
- whisk

Directions

- Combine lentils, onion, tomatoes, and cucumbers together in a bowl.
- Whisk olive oil, vinegar, lime juice, salt, and black pepper together in a separate bowl.
- Pour dressing over lentil mixture; stir to coat. Chill in refrigerator for 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:30.28, Glycemic Load:3.52, Inflammation Score:-6, Nutrition Score:10.893043528432%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 185.36kcal (9.27%), Fat: 9.46g (14.55%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 12.43g (4.52%), Sugar: 3.96g (4.4%), Cholesterol: 0mg (0%), Sodium: 5.8mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.59%), Folate: 145.81µg (36.45%), Fiber: 6.82g (27.27%), Manganese: 0.49mg (24.25%), Phosphorus: 155.05mg (15.5%), Iron: 2.7mg (15%), Vitamin C: 11.22mg (13.6%), Potassium: 468.01mg (13.37%), Vitamin K: 13.92µg (13.26%), Copper: 0.25mg (12.49%), Vitamin E: 1.63mg (10.85%), Vitamin B1: 0.16mg (10.74%), Vitamin B6: 0.21mg (10.5%), Magnesium: 39mg (9.75%), Vitamin A: 388.53IU (7.77%), Zinc: 1.1mg (7.32%), Vitamin B5: 0.65mg (6.45%), Vitamin B3: 1.04mg (5.22%), Vitamin B2: 0.08mg (4.62%), Calcium: 30.74mg (3.07%), Selenium: 2.14µg (3.06%)