



Lentil Salad with Beets and Bacon

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



463 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 8 ounce vacuum-sealed beets cooked roughly chopped
- 1 belgian endive cut into large pieces
- 8 peppercorns black
- 1 tablespoon dijon mustard
- 0.5 cup green lentils dried french
- 8 chives fresh cut into pieces
- 2 tablespoons parsley fresh chopped

- 2 small heads baby lettuce and/or frisee
- 4 cloves garlic smashed
- 4 servings kosher salt
- 0.3 cup olive oil extra-virgin
- 4 servings pepper freshly ground
- 2 tablespoons red wine vinegar
- 1 small shallots minced
- 6 ounce slab bacon
- 1 sprig thyme leaves

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- cheesecloth
- kitchen twine

Directions

- Chop about two-thirds of the bacon into 1/4-inch pieces; set aside. Wrap the thyme, bay leaf, peppercorns and garlic in a piece of cheesecloth; tie closed with kitchen twine.
- Combine the cheesecloth bundle, the remaining slab bacon, the lentils and 1/2 teaspoon salt in a medium saucepan and cover with cold water by about 2 inches. Bring to a boil, then reduce the heat to medium and simmer until the lentils are tender, about 25 minutes.
- Drain, discarding the cheesecloth bundle and bacon; let cool.
- Meanwhile, cook the chopped bacon in a medium nonstick skillet over medium heat, stirring occasionally, until golden brown and just crisp, about 10 minutes.
- Drain on paper towels; set aside.

- Whisk the mustard and vinegar in a large bowl. Slowly whisk in the olive oil until emulsified. Toss the beets with about 1 tablespoon of the dressing in a small bowl; season with salt and pepper.
- Add the lettuce, endive, shallot, parsley, chives and the prepared lentils and bacon to the bowl with the dressing; season with 1/4 teaspoon salt and a few grinds of pepper and toss. Top each serving with some beets.
- Photograph by Johnny Miller

Nutrition Facts

PROTEIN 11.38% **FAT 68.33%** **CARBS 20.29%**

Properties

Glycemic Index:91.65, Glycemic Load:4.83, Inflammation Score:-7, Nutrition Score:17.434782541316%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 462.96kcal (23.15%), Fat: 35.44g (54.52%), Saturated Fat: 8.22g (51.37%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 13.69g (4.98%), Sugar: 4.95g (5.51%), Cholesterol: 28.07mg (9.36%), Sodium: 566.11mg (24.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.56%), Vitamin K: 50.49µg (48.08%), Folate: 189.68µg (47.42%), Fiber: 9.98g (39.93%), Manganese: 0.67mg (33.41%), Vitamin B1: 0.37mg (24.91%), Phosphorus: 211.82mg (21.18%), Vitamin E: 2.96mg (19.71%), Selenium: 12.78µg (18.25%), Vitamin B6: 0.35mg (17.74%), Potassium: 590.91mg (16.88%), Iron: 3.04mg (16.86%), Magnesium: 55.76mg (13.94%), Zinc: 2mg (13.32%), Vitamin B3: 2.65mg (13.25%), Vitamin C: 9.97mg (12.09%), Copper: 0.22mg (11.08%), Vitamin B5: 0.92mg (9.24%), Vitamin B2: 0.12mg (7.34%), Vitamin A: 358.46IU (7.17%), Calcium: 45.34mg (4.53%), Vitamin B12: 0.21µg (3.54%), Vitamin D: 0.17µg (1.13%)