



 **81%**
HEALTH SCORE

Lentil Salad with Feta Cheese

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

Ingredients

- 0.3 cup celery thinly sliced
- 1.5 cups cherry tomatoes quartered
- 1 cup cucumber diced
- 1.3 cups lentils dried
- 0.5 teaspoon thyme leaves dried
- 2 ounces feta cheese crumbled
- 1 garlic clove crushed
- 0.1 teaspoon coarsely ground pepper

- 3 tablespoons juice of lemon fresh
- 1.5 tablespoons olive oil
- 0.3 teaspoon salt

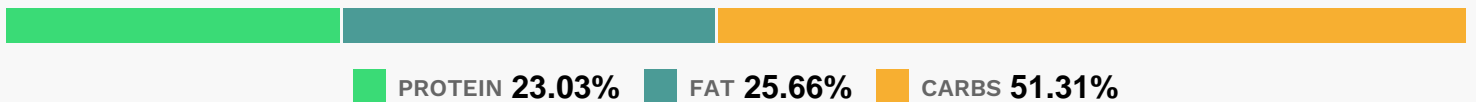
Equipment

- bowl
- sauce pan
- whisk

Directions

- Place lentils in a large saucepan; cover with water to 2 inches above lentils, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender.
- Drain well, and set aside.
- Combine lemon juice and next 5 ingredients (lemon juice through garlic) in a medium bowl; stir with a wire whisk until blended.
- Add lentils, tomatoes, cucumber, cheese, and celery to lemon juice mixture; toss gently to coat.
- Serve on lettuce-lined plates, if desired.

Nutrition Facts



Properties

Glycemic Index:40.15, Glycemic Load:4.7, Inflammation Score:-8, Nutrition Score:23.553043246269%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg Gallic acid: 0.08mg, Gallic acid: 0.08mg, Gallic acid: 0.08mg, Gallic acid: 0.08mg

0.08mg

Nutrients (% of daily need)

Calories: 315.09kcal (15.75%), Fat: 9.1g (14.01%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 40.95g (13.65%), Net Carbohydrates: 21.78g (7.92%), Sugar: 3.47g (3.86%), Cholesterol: 12.62mg (4.21%), Sodium: 324.51mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.77%), Folate: 309.51µg (77.38%), Fiber: 19.17g (76.68%), Manganese: 0.93mg (46.28%), Vitamin B1: 0.58mg (38.85%), Phosphorus: 345.41mg (34.54%), Iron: 5.3mg (29.44%), Vitamin C: 21.35mg (25.88%), Vitamin B6: 0.47mg (23.34%), Zinc: 3.45mg (22.97%), Potassium: 787.22mg (22.49%), Magnesium: 87.09mg (21.77%), Copper: 0.39mg (19.52%), Vitamin B2: 0.27mg (16.16%), Vitamin B5: 1.61mg (16.14%), Vitamin K: 15.1µg (14.38%), Calcium: 122.46mg (12.25%), Selenium: 7.58µg (10.83%), Vitamin B3: 2.06mg (10.31%), Vitamin E: 1.45mg (9.66%), Vitamin A: 424.01IU (8.48%), Vitamin B12: 0.24µg (3.99%)