



HEALTH SCORE

100%

Lentil Salad with Spinach, Pecans, and Cheddar



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



824 kcal

SIDE DISH

Ingredients



1 bay leaf



1 carrots halved



0.3 pound aged cheddar cheese



1 clove garlic



0.5 teaspoon fresh-ground pepper black



2.3 cups lentils



0.5 cup olive oil

- ☐ 1 small onion halved
- ☐ 0.3 cup pecans
- ☐ 1 teaspoon salt
- ☐ 3.5 quarts pkt spinach washed well
- ☐ 4 tablespoons white-wine vinegar

Equipment

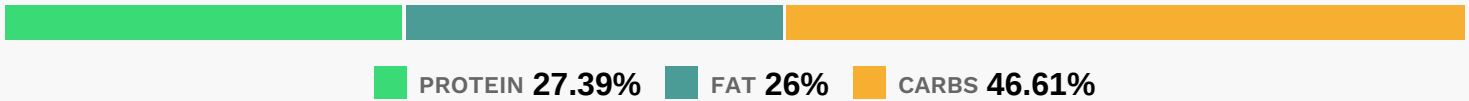
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ peeler

Directions

- ☐ In a medium pot, combine the lentils, onion, carrot, garlic, bay leaf, and enough water to cover by 2 inches. Bring to a boil. Reduce the heat and simmer, partially covered, until the lentils are tender, about 30 minutes.
- ☐ Drain; discard the onion, carrot, garlic, and bay leaf.
- ☐ In a small frying pan, toast the pecans over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast them in a 350 oven for 5 to 10 minutes. Chop them.
- ☐ In a large glass or stainless-steel bowl, whisk together 2 tablespoons of the vinegar, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper.
- ☐ Add the oil slowly, whisking.
- ☐ Shred half the spinach and put in a large glass or stainless-steel bowl.
- ☐ Add the hot lentils and toss with half the dressing, the remaining 2 tablespoons vinegar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Toss the mixture gently until the spinach wilts.
- ☐ Toss the remaining spinach into the remaining dressing and put on plates. Top with the lentil mixture and the toasted pecans. Using a vegetable peeler, shave the cheese over the top.

Wine Recommendation: This salad, with its lentils and rich cheddar, can easily stand up to a fruity red wine. A petite sirah's roasted–berry flavors make it just right for the part.

Nutrition Facts



Properties

Glycemic Index:57.36, Glycemic Load:13.11, Inflammation Score:–10, Nutrition Score:77.640869757403%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 6.18mg, Luteolin: 6.18mg, Luteolin: 6.18mg, Luteolin: 6.18mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 52.98mg, Kaempferol: 52.98mg, Kaempferol: 52.98mg, Kaempferol: 52.98mg Myricetin: 2.92mg, Myricetin: 2.92mg, Myricetin: 2.92mg, Myricetin: 2.92mg Quercetin: 36.47mg, Quercetin: 36.47mg, Quercetin: 36.47mg, Quercetin: 36.47mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 824.15kcal (41.21%), Fat: 25.46g (39.17%), Saturated Fat: 7.41g (46.32%), Carbohydrates: 102.75g (34.25%), Net Carbohydrates: 48.77g (17.73%), Sugar: 7.65g (8.5%), Cholesterol: 28.35mg (9.45%), Sodium: 1440.38mg (62.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.36g (120.71%), Vitamin K: 4011.85µg (3820.81%), Vitamin A: 80530.44IU (1610.61%), Folate: 2157.02µg (539.25%), Manganese: 9.39mg (469.53%), Vitamin C: 240.22mg (291.17%), Fiber: 53.98g (215.92%), Magnesium: 813.28mg (203.32%), Iron: 31.37mg (174.29%), Potassium: 5832.66mg (166.65%), Vitamin E: 18.57mg (123.81%), Vitamin B6: 2.31mg (115.45%), Vitamin B2: 1.95mg (114.83%), Vitamin B1: 1.71mg (113.75%), Calcium: 1101.75mg (110.17%), Phosphorus: 1076.75mg (107.67%), Copper: 1.79mg (89.37%), Zinc: 11.24mg (74.94%), Vitamin B3: 9.2mg (46.01%), Selenium: 26.14µg (37.34%), Vitamin B5: 3.19mg (31.94%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.17µg (1.13%)