



Lentil Salad with Sunflower Kernels

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



82 kcal

SIDE DISH

Ingredients

- 1 cup lentils cooked
- 0.5 cup lite house dressing italian kraft
- 0.3 cup planters roasted sunflower kernels dry
- 5 cups torn salad greens mixed
- 5 cups torn spinach fresh
- 1.5 cups tomatoes chopped

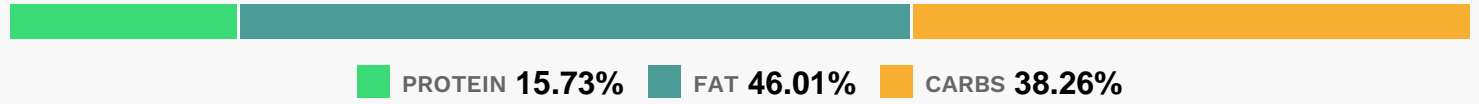
Equipment

- bowl

Directions

- Combine all ingredients except dressing and sunflower kernels in large bowl.
- Add dressing; toss to evenly coat.
- Sprinkle with sunflower kernels.

Nutrition Facts



Properties

Glycemic Index:9.97, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:11.564782702405%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 81.82kcal (4.09%), Fat: 4.4g (6.77%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 5.72g (2.08%), Sugar: 2.38g (2.65%), Cholesterol: 0mg (0%), Sodium: 159.98mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Vitamin K: 81.24µg (77.37%), Vitamin A: 1826.04IU (36.52%), Folate: 83.59µg (20.9%), Manganese: 0.36mg (18.05%), Vitamin C: 12.3mg (14.91%), Vitamin E: 1.93mg (12.87%), Fiber: 2.52g (10.08%), Phosphorus: 96.36mg (9.64%), Iron: 1.43mg (7.93%), Copper: 0.16mg (7.78%), Potassium: 270.3mg (7.72%), Magnesium: 28.51mg (7.13%), Vitamin B6: 0.13mg (6.63%), Selenium: 3.66µg (5.23%), Vitamin B1: 0.07mg (4.84%), Vitamin B5: 0.41mg (4.14%), Zinc: 0.6mg (3.97%), Vitamin B2: 0.07mg (3.91%), Vitamin B3: 0.72mg (3.58%), Calcium: 27.91mg (2.79%)