



Lentil Salad with Tomato and Dill



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 large garlic clove chopped
- ☐ 1 cup lentils dried french (preferably small lentils)
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons red-wine vinegar to taste
- ☐ 1 teaspoon salt to taste

- ☐ 0.8 cup spring onion thinly sliced
- ☐ 2 cups tomatoes diced

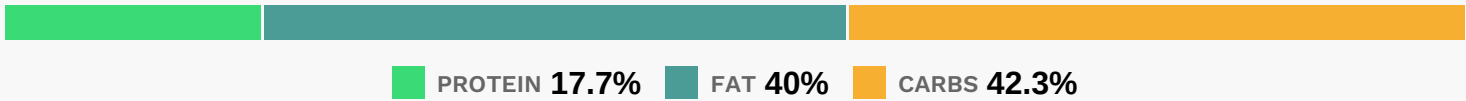
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Bring 4 cups water to a boil in a 2-quart heavy saucepan with lentils, garlic, and 1/2 teaspoon salt, then reduce heat and simmer, uncovered, until lentils are just tender, 15 to 25 minutes.
- ☐ Drain in a large sieve, then transfer to a large bowl.
- ☐ Toss hot lentils with tomatoes, scallions, dill, basil, vinegar, oil, pepper, and remaining 1/2 teaspoon salt, or to taste.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:11.593478341465%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 322.92kcal (16.15%), Fat: 14.23g (21.9%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 17.38g (6.32%), Sugar: 3.41g (3.79%), Cholesterol: 0mg (0%), Sodium: 594.27mg (25.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.35%), Fiber: 16.49g (65.96%), Vitamin K: 59.27µg (56.45%), Iron: 4.48mg (24.87%), Vitamin C: 19.19mg (23.26%), Vitamin A: 1114.11IU (22.28%), Vitamin E: 2.46mg (16.42%), Manganese: 0.2mg (10.22%), Potassium: 263.73mg (7.54%), Folate: 28.65µg (7.16%), Calcium: 62.8mg (6.28%),

Vitamin B6: 0.09mg (4.42%), Magnesium: 15.39mg (3.85%), Copper: 0.08mg (3.75%), Vitamin B3: 0.61mg (3.04%), Phosphorus: 29.84mg (2.98%), Vitamin B1: 0.04mg (2.78%), Vitamin B2: 0.04mg (2.36%), Zinc: 0.25mg (1.69%), Vitamin B5: 0.1mg (1.01%)