



Lentil Salad with Tomatoes and Watercress

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 2 bay leaves
- 1.3 cups brown lentils green
- 1 tablespoon capers minced drained
- 0.5 cup celery with some leaves finely chopped
- 12 cherry tomatoes halved
- 0.3 cup chives fresh divided chopped
- 0.3 cup flat-leaf parsley fresh chopped

- 1 garlic clove minced
- 2 tablespoons olive oil extra-virgin
- 0.5 cup onion red finely chopped
- 0.5 teaspoon salt
- 4 cups watercress trimmed

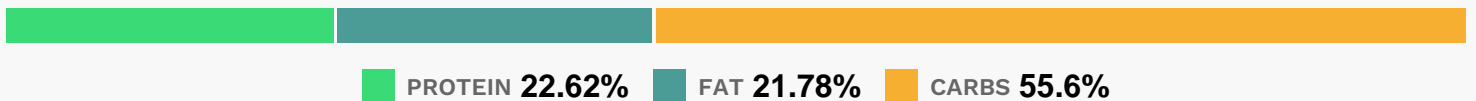
Equipment

- sauce pan
- whisk

Directions

- To prepare vinaigrette, whisk together all ingredients.
- Add salt and black pepper to taste.
- To prepare salad, combine 4 cups water, lentils, and bay leaves in a medium saucepan; bring to a boil. Reduce heat; simmer 18 to 20 minutes.
- Drain; discard bay leaves. Gently stir together lentils, celery, onion, parsley, and salt.
- Add tomatoes and 2 tablespoons chives.
- Drizzle with vinaigrette; toss gently to coat. Divide watercress evenly among 6 plates; top with 3/4 cup lentil mixture. Top with remaining 2 tablespoons chives.

Nutrition Facts



Properties

Glycemic Index:45.43, Glycemic Load:4.01, Inflammation Score:-9, Nutrition Score:21.788695791493%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 7.29mg, Kaempferol: 7.29mg, Kaempferol: 7.29mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 12.17mg, Quercetin: 12.17mg, Quercetin: 12.17mg, Quercetin: 12.17mg

Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 214.24kcal (10.71%), Fat: 5.26g (8.09%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 16.27g (5.92%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 256.43mg (11.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.28g (24.56%), Vitamin K: 109.97µg (104.73%), Fiber: 13.91g (55.65%), Folate: 222.33µg (55.58%), Manganese: 0.71mg (35.71%), Vitamin C: 25.15mg (30.48%), Vitamin B1: 0.42mg (27.85%), Vitamin A: 1231.35IU (24.63%), Phosphorus: 225.8mg (22.58%), Iron: 3.83mg (21.29%), Potassium: 625.29mg (17.87%), Magnesium: 65.33mg (16.33%), Vitamin B6: 0.32mg (16.02%), Zinc: 2.2mg (14.65%), Copper: 0.29mg (14.35%), Vitamin B5: 1.08mg (10.83%), Vitamin E: 1.36mg (9.05%), Vitamin B2: 0.14mg (8.24%), Vitamin B3: 1.44mg (7.18%), Calcium: 69.57mg (6.96%), Selenium: 4.12µg (5.89%)