



 100%
HEALTH SCORE

Lentil Salad With Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

Ingredients

- 2 teaspoons balsamic vinegar
- 3 tablespoons olive oil extra virgin
- 4 spring onion sliced thin
- 1 cup lentils
- 4 servings bell pepper
- 4 servings bell pepper
- 1 bell pepper red
- 2 teaspoons red wine vinegar

- 1 tablespoon rosemary minced fine
- 4 servings salt
- 2 tomatoes
- 1 onion diced white

Equipment

- sauce pan

Directions

- Heat olive oil in a saucepan over medium high heat and add onion. Cook until just translucent and then add lentils.
- Add water and cook according to package directions.
- Drain and cool.
- Combine lentils with tomatoes, pepper, onions, rosemary, olive oil, and vinegars. Season with salt and pepper to taste and adjust oil or vinegar as desired.
- Serve cold or at room temperature.

Nutrition Facts



PROTEIN 17.33% **FAT 30.16%** **CARBS 52.51%**

Properties

Glycemic Index:84.4, Glycemic Load:7.41, Inflammation Score:-10, Nutrition Score:34.100434782609%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Taste

Sweetness: 78.36%, Saltiness: 100%, Sourness: 54.26%, Bitterness: 34.62%, Savoriness: 43.66%, Fattiness: 81.25%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 338.98kcal (16.95%), Fat: 11.79g (18.15%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 46.21g (15.4%), Net Carbohydrates: 26.09g (9.49%), Sugar: 11.92g (13.24%), Cholesterol: 0mg (0%), Sodium: 211.15mg (9.18%), Protein: 15.25g (30.51%), Vitamin C: 243.95mg (295.69%), Vitamin A: 6263.51IU (125.27%), Folate: 335.81µg (83.95%), Fiber: 20.12g (80.5%), Manganese: 0.98mg (48.88%), Vitamin K: 47.29µg (45.04%), Vitamin B6: 0.88mg (43.88%), Vitamin B1: 0.56mg (37.34%), Vitamin E: 4.97mg (33.17%), Potassium: 1063.28mg (30.38%), Phosphorus: 291.15mg (29.12%), Iron: 5.03mg (27.92%), Magnesium: 93.43mg (23.36%), Zinc: 2.96mg (19.73%), Vitamin B3: 3.47mg (17.33%), Copper: 0.34mg (17.01%), Vitamin B5: 1.69mg (16.91%), Vitamin B2: 0.28mg (16.71%), Calcium: 67.96mg (6.8%), Selenium: 4.4µg (6.28%)