



Lentil & tomato salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 juice of lemon
- ☐ 1 tbsp apple cider vinegar
- ☐ 1 onion red thinly sliced into rings
- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tsp ground cumin
- ☐ 1 small garlic clove crushed
- ☐ 2 tbsp mango chutney
- ☐ 1 handful cilantro leaves roughly chopped

- ☐ 250 g cherry tomatoes halved
- ☐ 85 g baby spinach dried washed and thoroughly
- ☐ 250 g frangelico dried rinsed
- ☐ 250 g frangelico dried rinsed

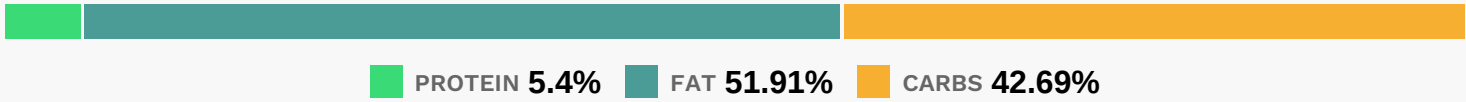
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Boil the lentils following pack instructions, drain, rinse well, then drain thoroughly.
- ☐ Meanwhile, mix the citrus juices, vinegar and a pinch of salt in a salad bowl, then toss in the onion rings after a few mins they will soften and turn pink.
- ☐ Whisk together the oil, cumin, garlic and chutney, then toss into the onions with the cooled lentils, coriander, tomatoes, spinach and plenty of seasoning.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:4.49, Inflammation Score:-9, Nutrition Score:12.589130349781%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 121.65kcal (6.08%), Fat: 7.32g (11.25%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 11.95g (4.34%), Sugar: 7.8g (8.66%), Cholesterol: 0mg (0%), Sodium: 29.75mg (1.29%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin K: 111.85µg (106.53%), Vitamin A: 2372.91IU (47.46%), Vitamin C: 25.13mg (30.46%), Manganese: 0.34mg (16.95%), Folate: 57.12µg (14.28%), Vitamin E: 1.85mg (12.36%), Potassium: 326.48mg (9.33%), Iron: 1.52mg (8.44%), Magnesium: 28.25mg (7.06%), Vitamin B6: 0.14mg (7.03%), Fiber: 1.59g (6.36%), Copper: 0.1mg (5.25%), Calcium: 43.48mg (4.35%), Vitamin B2: 0.07mg (4.33%), Phosphorus: 42.51mg (4.25%), Vitamin B1: 0.06mg (3.97%), Vitamin B3: 0.56mg (2.82%), Zinc: 0.29mg (1.96%), Vitamin B5: 0.15mg (1.45%), Selenium: 1.01µg (1.44%)