



WHATSheATE



HEALTH SCORE

75%

colombianrecipes.com

Lentils and Mango Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 bay leaf



1 cup brown lentils rinsed drained



0.3 cup basil fresh chopped



0.3 cup cilantro leaves fresh chopped



3 garlic cloves



1 cup grape tomatoes diced



0.5 teaspoon ground cumin



2 cups mangos diced ripe peeled

- ☐ 0.3 cup olive oil
- ☐ 1 cup onion red thinly sliced
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons vinegar white

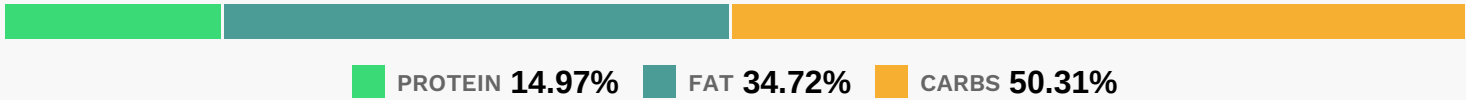
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring a saucepan of water to a boil over high heat.
- ☐ Add the lentils, bay leaf, salt and garlic cloves. Reduce the heat and simmer until the lentils are tender to the bite, 18 to 25 minutes.
- ☐ Drain the lentils, discard the garlic and bay leaf, then put in a bowl. Stir in the red onion, mango, vinegar, tomatoes, olive oil, vinegar, basil, cilantro, cumin and season with salt and pepper to your taste.
- ☐ Serve the salad at room temperature or cold.

Nutrition Facts



Properties

Glycemic Index:82.09, Glycemic Load:10.65, Inflammation Score:-9, Nutrition Score:23.265216827393%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg Gallocatechin:

0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 367.37kcal (18.37%), Fat: 14.52g (22.34%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 47.35g (15.78%), Net Carbohydrates: 30.13g (10.96%), Sugar: 15g (16.66%), Cholesterol: 0mg (0%), Sodium: 202.72mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.09g (28.17%), Folate: 280.36µg (70.09%), Fiber: 17.22g (68.88%), Vitamin C: 41.48mg (50.28%), Manganese: 0.86mg (42.94%), Vitamin B1: 0.48mg (32.1%), Vitamin A: 1373.99IU (27.48%), Phosphorus: 254.93mg (25.49%), Vitamin K: 26.47µg (25.21%), Iron: 4.3mg (23.86%), Vitamin B6: 0.47mg (23.42%), Potassium: 767.28mg (21.92%), Vitamin E: 3.18mg (21.19%), Copper: 0.4mg (19.8%), Magnesium: 77.72mg (19.43%), Zinc: 2.56mg (17.05%), Vitamin B5: 1.29mg (12.94%), Vitamin B3: 2.12mg (10.61%), Vitamin B2: 0.16mg (9.22%), Selenium: 5.07µg (7.24%), Calcium: 59.55mg (5.95%)