



 **78%**
HEALTH SCORE

Lentils and Mozzarella Caprese From 'Feast

 Vegetarian  Gluten Free  Very Healthy

READY IN



55 min.

SERVINGS



2

CALORIES



1295 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons apple cider vinegar
- 185 g brown lentils green rinsed
- 1 carrots peeled finely chopped
- 1 stalk celery finely chopped
- 2 servings sea salt for sprinkling
- 0.5 teaspoon dijon mustard
- 1 Handful optional: dill fresh assorted finely chopped
- 1 garlic clove minced

- 510 g baby mozzarella balls fresh sliced
- 60 ml olive oil extra virgin extra-virgin
- 2 servings pepper freshly ground
- 2 tablespoons pinenuts toasted
- 2 servings sea salt

Equipment

- food processor
- sauce pan
- whisk
- blender

Directions

- Heat the 2 tablespoons olive oil in a medium saucepan.
- Add the garlic, celery, and carrot and cook over medium heat until fragrant, about 6 minutes.
- Add the lentils, 1/2 teaspoon sea salt, and just enough water to cover. Bring to a boil, reduce the heat to low, and simmer until just soft, 30 to 35 minutes.
- Drain the lentils.
- Meanwhile, pulse together the mustard, vinegar, and herbs in a food processor or blender, or whisk together by hand.
- Drizzle in the remaining 1/4 cup (60 ml) olive oil and pulse or whisk to bring together.
- Add 1/4 teaspoon sea salt and season with pepper. Taste and add more salt as needed.
- Spoon the warm lentils onto plates. Top with the mozzarella and sprinkle the mozzarella with coarse sea salt. Top the lentils and mozzarella with the pine nuts and drizzle with the herb vinaigrette.
- Serve warm or at room temperature.

Nutrition Facts

  

 **PROTEIN 21.33%**  **FAT 60.4%**  **CARBS 18.27%**

Properties

Glycemic Index:126.22, Glycemic Load:8, Inflammation Score:-10, Nutrition Score:41.789999961853%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Galliccatechin: 0.13mg, Galliccatechin: 0.13mg, Galliccatechin: 0.13mg, Galliccatechin: 0.13mg

Nutrients (% of daily need)

Calories: 1295.37kcal (64.77%), Fat: 89.95g (138.38%), Saturated Fat: 22.54g (140.9%), Carbohydrates: 61.2g (20.4%), Net Carbohydrates: 31.32g (11.39%), Sugar: 4.04g (4.49%), Cholesterol: 91.8mg (30.6%), Sodium: 627.05mg (27.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.48g (142.96%), Fiber: 29.88g (119.51%), Folate: 460.37µg (115.09%), Manganese: 2.26mg (113.12%), Vitamin A: 5264.26IU (105.29%), Calcium: 988.62mg (98.86%), Vitamin B1: 0.87mg (58.27%), Phosphorus: 495.48mg (49.55%), Iron: 7.93mg (44.08%), Vitamin E: 5.59mg (37.28%), Magnesium: 145.99mg (36.5%), Vitamin K: 36.6µg (34.85%), Zinc: 5.2mg (34.69%), Copper: 0.64mg (32.09%), Potassium: 1116.89mg (31.91%), Vitamin B6: 0.59mg (29.32%), Vitamin B5: 2.16mg (21.59%), Vitamin B3: 3.24mg (16.19%), Vitamin B2: 0.25mg (14.77%), Selenium: 8.52µg (12.17%), Vitamin C: 7.47mg (9.05%)