



HEALTH SCORE

100%

Lentils Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 2 carrots chopped
- ☐ 2 ribs celery chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1.5 cups lentils
- ☐ 2 quarts salad greens mixed
- ☐ 7 tablespoons olive oil such as peanut

- ☐ 1 onion red chopped
- ☐ 2.5 teaspoons salt
- ☐ 1 quart water
- ☐ 4 tablespoons red-wine vinegar

Equipment

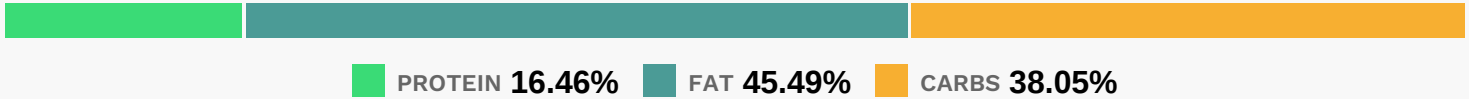
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Put the lentils in a medium saucepan with the water and 1/2 teaspoon of the salt. Bring to a boil. Reduce the heat to moderate and simmer, partially covered, until the lentils are tender, about 25 minutes.
- ☐ Drain and return to the pan.
- ☐ Add 1 tablespoon of the oil, 1 tablespoon of the vinegar, and 1/2 teaspoon of the salt.
- ☐ Mix gently and set aside.
- ☐ Meanwhile, in a large nonstick frying pan, heat 3 tablespoons of the oil over moderately low heat.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the carrots, celery, pepper, and 1 teaspoon of the salt. Cook, stirring occasionally, until the vegetables are tender, about 10 minutes.
- ☐ Remove from the heat and add 2 tablespoons of the vinegar.
- ☐ Combine the cooked lentils with the vegetables.
- ☐ In a small frying pan, toast the almonds over moderately low heat, stirring frequently, until golden brown, 5 to 10 minutes. Or toast them in a 350 oven for 5 to 10 minutes. Shortly before serving, stir the almonds and parsley into the lentil mixture.
- ☐ Put the greens in a large glass or stainless-steel bowl and toss with the remaining 3 tablespoons oil, 1 tablespoon vinegar, and 1/2 teaspoon salt.

- ☐
- Serve the lentil mixture over the greens.
- ☐
- Wine Recommendation: The unique earthy flavor of the lentils and the tangy vinaigrette call out for the delicate balance of sweet and tart found in a riesling kabinet from Germany's Mosel region.

Nutrition Facts



Properties

Glycemic Index:51.11, Glycemic Load:7.16, Inflammation Score:-10, Nutrition Score:52.616956503495%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.75mg, Apigenin: 16.75mg, Apigenin: 16.75mg, Apigenin: 16.75mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 711.79kcal (35.59%), Fat: 37.27g (57.34%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 70.14g (23.38%), Net Carbohydrates: 43.39g (15.78%), Sugar: 5.41g (6.01%), Cholesterol: 0mg (0%), Sodium: 1636.89mg (71.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.33g (60.67%), Vitamin A: 11221.76IU (224.44%), Vitamin C: 127.45mg (154.48%), Vitamin K: 151.55µg (144.33%), Folate: 559.72µg (139.93%), Manganese: 2.32mg (115.85%), Fiber: 26.76g (107.02%), Vitamin E: 10.09mg (67.25%), Phosphorus: 649.09mg (64.91%), Vitamin B1: 0.86mg (57.42%), Iron: 10.15mg (56.37%), Potassium: 1909.41mg (54.55%), Magnesium: 217.57mg (54.39%), Copper: 0.93mg (46.6%), Vitamin B6: 0.9mg (44.79%), Vitamin B2: 0.69mg (40.87%), Zinc: 5.41mg (36.08%), Vitamin B3: 5.81mg (29.03%), Vitamin B5: 2.41mg (24.15%), Calcium: 208.14mg (20.81%), Selenium: 9.08µg (12.97%)