



Mediterranean Couscous and Lentil Salad

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



386 kcal

SIDE DISH

Ingredients

- 1 cup couscous
- 1.3 cups water
- 0.5 cup mint leaves fresh finely chopped
- 1 cup brown lentils french (green lentils)
- 2 cups cherry tomatoes halved
- 1 large garlic clove with 1/4 teaspoon salt minced mashed
- 0.5 teaspoons salt
- 1 cup feta cheese crumbled

- 3 tablespoons citrus champagne vinegar
- 1 bunch arugula dry washed chopped well
- 0.3 cup olive oil extra-virgin (preferably)
- 6 servings frangelico
- 6 servings frangelico

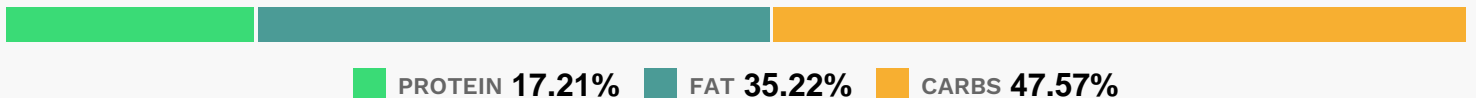
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- In a small saucepan simmer lentils in water to cover by 2 inches until tender but not falling apart, 15 to 20 minutes, and drain well.
- Transfer hot lentils to a bowl and stir in 1 tablespoon vinegar and salt and pepper to taste. Cool lentils completely, stirring occasionally.
- In a saucepan bring water to a boil and add couscous and salt.
- Remove pan from heat and let couscous stand, covered, 5 minutes. Fluff couscous with a fork and transfer to a large bowl. Stir in 1 tablespoon oil and cool completely, stirring occasionally.
- In a small bowl whisk together garlic paste, remaining 2 tablespoons vinegar, remaining 3 tablespoons oil, and salt and pepper to taste. Stir lentils and dressing into couscous. Chill salad, covered, at least 3 hours and up to 2
- Just before serving, stir in remaining ingredients and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:29.77, Glycemic Load:16.34, Inflammation Score:-8, Nutrition Score:20.366087123104%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 385.63kcal (19.28%), Fat: 15.12g (23.25%), Saturated Fat: 4.68g (29.27%), Carbohydrates: 45.94g (15.31%), Net Carbohydrates: 33.78g (12.28%), Sugar: 2.28g (2.53%), Cholesterol: 22.25mg (7.42%), Sodium: 498.63mg (21.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.24%), Folate: 196.06µg (49.02%), Fiber: 12.16g (48.64%), Manganese: 0.83mg (41.33%), Phosphorus: 305.39mg (30.54%), Vitamin K: 29.4µg (28%), Vitamin B1: 0.4mg (26.34%), Iron: 3.78mg (21.02%), Vitamin C: 16.94mg (20.54%), Vitamin B2: 0.34mg (19.92%), Calcium: 195.84mg (19.58%), Vitamin A: 967.11IU (19.34%), Vitamin B6: 0.37mg (18.73%), Magnesium: 73.72mg (18.43%), Zinc: 2.7mg (18.01%), Potassium: 573.13mg (16.38%), Copper: 0.32mg (15.97%), Vitamin B5: 1.45mg (14.47%), Vitamin E: 1.86mg (12.38%), Vitamin B3: 2.48mg (12.38%), Selenium: 6.78µg (9.69%), Vitamin B12: 0.42µg (7.04%)