



Mediterranean Lentil Salad

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



436 kcal

SIDE DISH

Ingredients

- 1 cup cherry tomatoes halved
- 1 cup green lentils picked over rinsed
- 0.3 cup basil fresh finely chopped
- 1 clove garlic smashed
- 6 ounces goat cheese fresh crumbled
- 0.5 cup kalamata olives pitted chopped
- 3 tablespoons juice of lemon
- 0.3 cup olive oil

4 servings salt and pepper

Equipment

bowl

sauce pan

mixing bowl

sieve

Directions

Bring 8 cups water to a boil in a large saucepan over high heat.

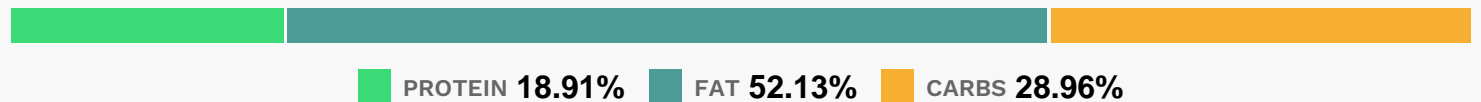
Add lentils and garlic. Reduce heat to medium-low, then simmer until lentils are just tender, 15 to 20 minutes.

Drain in a strainer and place in a large mixing bowl.

Add tomatoes, olives, basil, olive oil and lemon juice to bowl and toss to coat. Season with salt and pepper.

Sprinkle with goat cheese and serve warm.

Nutrition Facts



Properties

Glycemic Index:31.15, Glycemic Load:3.57, Inflammation Score:-8, Nutrition Score:21.343913016112%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 436.16kcal (21.81%), Fat: 25.64g (39.44%), Saturated Fat: 8.49g (53.06%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 16.51g (6%), Sugar: 2.67g (2.96%), Cholesterol: 19.56mg (6.52%), Sodium: 621.08mg (27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.92g (41.84%), Fiber: 15.53g (62.12%), Folate: 243.66µg (60.92%), Manganese: 0.75mg (37.58%), Phosphorus: 339.33mg (33.93%), Vitamin B1: 0.47mg (31.36%), Copper: 0.62mg (30.93%), Iron: 4.91mg (27.28%), Vitamin E: 3.14mg (20.91%), Vitamin B6: 0.42mg (20.85%), Vitamin C: 15.46mg (18.74%), Zinc: 2.77mg (18.48%), Magnesium: 72.4mg (18.1%), Vitamin K: 18.81µg (17.91%), Potassium: 576.94mg (16.48%), Vitamin B2: 0.28mg (16.23%), Vitamin A: 786.33IU (15.73%), Vitamin B5: 1.39mg (13.91%), Calcium: 104.23mg (10.42%), Vitamin B3: 1.7mg (8.5%), Selenium: 5.64µg (8.05%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)