



Mediterranean Lentil Salad



Vegetarian



Gluten Free

READY IN



25 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 leaves 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

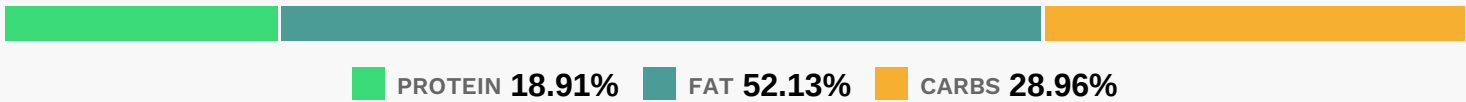
Equipment

- ☐ 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 Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 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%)