



Mediterranean Lentil Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 1 cup lentils dried
- ☐ 4 ounce tomato-basil feta cheese crumbled
- ☐ 1 small bell pepper green
- ☐ 3 green onions
- ☐ 0.5 cup salad dressing italian
- ☐ 2 tablespoons juice of lemon
- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 1 small onion chopped

- ☐ 0.5 teaspoon pepper
- ☐ 1 small bell pepper red
- ☐ 1 tomatoes
- ☐ 1 quart water

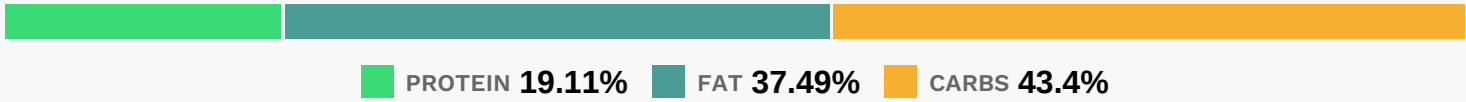
Equipment

- ☐ dutch oven

Directions

- ☐ Bring first 3 ingredients to a boil in a Dutch oven; reduce heat, and simmer, partially covered, 15 to 20 minutes or just until lentils are tender.
- ☐ Drain.
- ☐ Chop bell peppers, tomato, and green onions; add to lentil mixture. Stir in olives and next 3 ingredients; cover and chill.
- ☐ Sprinkle salad with cheese; serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.52, Glycemic Load:3.94, Inflammation Score:-8, Nutrition Score:21.137391054112%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 291.51kcal (14.58%), Fat: 12.36g (19.02%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 18.71g (6.81%), Sugar: 5.92g (6.58%), Cholesterol: 20.18mg (6.73%), Sodium: 706.76mg (30.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.35%), Fiber: 13.48g (53.94%), Folate: 212.06µg (53.01%), Vitamin C: 40.71mg (49.34%), Vitamin K: 34.72µg (33.06%), Manganese: 0.64mg (32.14%), Vitamin B1: 0.42mg (27.67%), Phosphorus: 273.88mg (27.39%), Vitamin B6: 0.44mg (22.15%), Iron: 3.51mg (19.48%), Vitamin A: 965.86IU (19.32%), Vitamin B2: 0.31mg (17.97%), Zinc: 2.68mg (17.9%), Calcium: 163.31mg (16.33%), Potassium: 570.46mg (16.3%), Magnesium: 65.13mg (16.28%), Copper: 0.3mg (14.92%), Vitamin B5: 1.16mg (11.61%), Vitamin E: 1.7mg (11.36%), Selenium: 7.32µg (10.45%), Vitamin B3: 1.71mg (8.55%), Vitamin B12: 0.38µg (6.39%)