



Minty Orzo Lentil and Feta Salad

READY IN



170 min.

SERVINGS



8

CALORIES



342 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup brown lentils dried rinsed drained
- 1.5 cups feta cheese crumbled
- 0.5 cup optional: dill fresh chopped
- 0.5 cup mint leaves fresh finely chopped
- 3 cloves garlic minced
- 0.5 cup kalamata olives pitted chopped
- 6 tablespoons olive oil divided
- 1.3 cups orzo pasta
- 1 small onion diced red

- 0.3 cup red wine vinegar
- 8 servings salt and pepper to taste

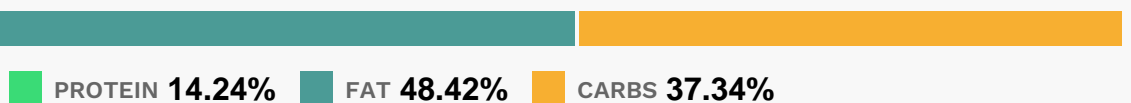
Equipment

- bowl
- sauce pan
- pot

Directions

- Bring a large pot of lightly salted water to boil.
- Add pasta and cook until al dente, about 8 to 10 minutes; drain.
- Transfer pasta into a large bowl, and mix in 1 tablespoon olive oil; cover, and refrigerate until cool.
- Place lentils into a small saucepan, cover with water, and bring to a boil. Cover, and simmer over low heat until lentils are tender, about 15 to 20 minutes.
- Drain and set aside to cool.
- Combine the remaining olive oil, vinegar, and garlic in a small bowl.
- Remove pasta from refrigerator; add lentils, oil mixture, olives, feta cheese, red onion, mint, and dill; stir until thoroughly blended. Season to taste with salt and pepper. Cover and refrigerate for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:20.7, Glycemic Load:9.05, Inflammation Score:-6, Nutrition Score:14.021739192631%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg

1.97mg, Isorhamnetin: 1.97mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.43mg, Quercetin:
4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin:
0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 342.38kcal (17.12%), Fat: 18.46g (28.4%), Saturated Fat: 5.47g (34.18%), Carbohydrates: 32.04g (10.68%),
Net Carbohydrates: 24.98g (9.08%), Sugar: 1.63g (1.81%), Cholesterol: 25.03mg (8.34%), Sodium: 652.94mg
(28.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.43%), Selenium: 20.83µg (29.76%),
Manganese: 0.57mg (28.7%), Fiber: 7.06g (28.25%), Folate: 109.95µg (27.49%), Phosphorus: 231.09mg (23.11%),
Vitamin B2: 0.31mg (18.3%), Calcium: 177.01mg (17.7%), Vitamin B1: 0.24mg (15.73%), Vitamin B6: 0.29mg (14.59%),
Zinc: 2.1mg (14.01%), Vitamin E: 2mg (13.34%), Iron: 2.38mg (13.2%), Magnesium: 46.58mg (11.64%), Copper: 0.2mg
(10.18%), Vitamin A: 505.43IU (10.11%), Potassium: 311.44mg (8.9%), Vitamin B5: 0.8mg (8.05%), Vitamin B12: 0.48µg
(7.92%), Vitamin K: 7.94µg (7.56%), Vitamin C: 5.6mg (6.79%), Vitamin B3: 1.28mg (6.42%)