



HEALTH SCORE

46%

Moroccan Lentil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



157 kcal

SIDE DISH

Ingredients

- 15 ounce garbanzo beans drained canned
- 0.3 cup cilantro leaves fresh chopped
- 1 bell pepper green chopped
- 2 to 2 chilies slit green hot minced
- 4 spring onion chopped
- 1 juice of lime juiced
- 2 tablespoons olive oil
- 1 bell pepper red chopped

- 5 servings salt to taste
- 2 tomatoes chopped
- 1.5 cups water
- 0.5 bell pepper yellow chopped

Equipment

- mixing bowl
- pot

Directions

- Place lentils and water in a pot. Bring water to boil, reduce to simmer. Cook for 30 minutes or until tender.
- In a medium size mixing bowl combine lentils, chickpeas, tomatoes, green onions, green chilies, bell peppers, lime juice, olive oil, cilantro, and salt to taste. Toss well. Chill for 20 minutes.
- Serve chilled.

Nutrition Facts



■ PROTEIN 13.02%
 ■ FAT 40.84%
 ■ CARBS 46.14%

Properties

Glycemic Index:36.87, Glycemic Load:4.14, Inflammation Score:-8, Nutrition Score:15.739565217391%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 156.98kcal (7.85%), Fat: 7.52g (11.57%), Saturated Fat: 1g (6.22%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 12.88g (4.69%), Sugar: 3.8g (4.22%), Cholesterol: 0mg (0%), Sodium: 500.21mg (21.75%), Protein:

5.39g (10.79%), Vitamin C: 84.24mg (102.11%), Manganese: 0.84mg (42.09%), Vitamin K: 32.57µg (31.02%), Vitamin B6: 0.59mg (29.68%), Vitamin A: 1432.33IU (28.65%), Fiber: 6.23g (24.94%), Folate: 52.3µg (13.08%), Potassium: 393.95mg (11.26%), Vitamin E: 1.62mg (10.81%), Copper: 0.21mg (10.73%), Phosphorus: 98.43mg (9.84%), Magnesium: 38.36mg (9.59%), Iron: 1.61mg (8.95%), Zinc: 0.84mg (5.57%), Vitamin B1: 0.08mg (5.5%), Calcium: 50.64mg (5.06%), Vitamin B3: 0.92mg (4.62%), Vitamin B5: 0.44mg (4.36%), Vitamin B2: 0.06mg (3.64%), Selenium: 1.83µg (2.62%)