



Puy lentil, spiced roast carrot & feta salad



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



2 tbsp olive oil



1 tbsp cumin seeds



500 g carrots peeled halved cut into batons



1 tbsp clear honey



250 g puy lentils drained and rinsed canned cooked (or ,)



1 onion red finely sliced



0.5 juice of lemon juiced



1 large handful mint leaves roughly chopped

- ☐ 100 g lamb's lettuce
- ☐ 85 g feta cheese crumbled

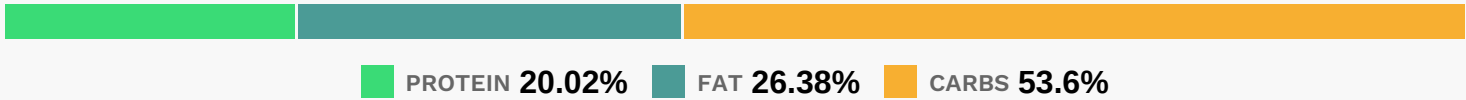
Equipment

- ☐ oven

Directions

- ☐ Heat the oven to 200C/180C fan/gas
- ☐ In a shallow roasting tin, toss together half the oil, the cumin, carrots and some seasoning. Roast for 25 mins, turning halfway through cooking.
- ☐ Drizzle over the honey, stir and roast for 5 mins more.
- ☐ Meanwhile, gently heat the lentils with the onion, lemon juice, remaining oil and some salt and pepper. Allow to cool slightly while the carrots finish cooking.
- ☐ Toss the dressed lentils with mint and lambs lettuce.
- ☐ Lay warm spiced carrots on top and scatter with feta.

Nutrition Facts



Properties

Glycemic Index:39.53, Glycemic Load:7.04, Inflammation Score:-10, Nutrition Score:20.578695849232%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 441.87kcal (22.09%), Fat: 13g (20%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 59.42g (19.81%), Net Carbohydrates: 35.69g (12.98%), Sugar: 12.83g (14.26%), Cholesterol: 18.91mg (6.3%), Sodium: 337.72mg (14.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.19g (44.38%), Vitamin A: 22807.48IU (456.15%), Fiber: 23.73g (94.91%), Iron: 6.91mg (38.41%), Vitamin C: 24mg (29.09%), Calcium: 217.9mg (21.79%), Vitamin K: 21.29µg (20.27%), Manganese: 0.38mg (18.82%), Vitamin B6: 0.37mg (18.73%), Potassium: 607.25mg (17.35%), Vitamin B2: 0.29mg (17.13%), Phosphorus: 145.31mg (14.53%), Vitamin E: 1.93mg (12.88%), Vitamin B1: 0.16mg (10.45%), Folate: 41.42µg (10.35%), Vitamin B3: 1.67mg (8.35%), Zinc: 1.2mg (8.02%), Magnesium: 31.66mg (7.91%), Copper: 0.13mg (6.3%), Vitamin B5: 0.6mg (6.03%), Vitamin B12: 0.36µg (5.99%), Selenium: 3.8µg (5.43%)