



Red Lentil Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 cup regular brown lentils red
- ☐ 0.8 cup cherry tomatoes halved
- ☐ 0.8 cup cucumber diced ()
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.5 cup basil leaves fresh chopped
- ☐ 2 cloves garlic minced pressed
- ☐ 0.8 cup green onions thinly sliced

- ☐ 2 tablespoons olive oil
- ☐ 8 servings salt and pepper
- ☐ 0.8 cup bell peppers red yellow coarsely chopped

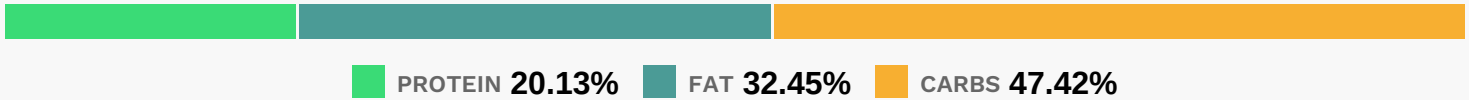
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sort lentils and discard any debris. Rinse and drain lentils.
- ☐ In a 2- to 3-quart pan, bring about 1 quart water to a boil over high heat.
- ☐ Add lentils, stir to separate, and simmer, uncovered, just until they are tender to bite but not soft, 5 to 10 minutes for Red Chiefs, 20 to 30 minutes for regular lentils.
- ☐ Drain.
- ☐ Mix vinegar, oil, and garlic.
- ☐ Pour over warm lentils and gently mix.
- ☐ Let stand until cool.
- ☐ Add bell peppers, onions, tomatoes, cucumber, basil, and feta cheese.
- ☐ Mix gently with lentils.
- ☐ Pour into a serving bowl.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:31.08, Glycemic Load:3, Inflammation Score:-6, Nutrition Score:12.977825921515%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 162.1kcal (8.1%), Fat: 5.87g (9.02%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 11.37g (4.13%), Sugar: 2.83g (3.14%), Cholesterol: 8.34mg (2.78%), Sodium: 308.37mg (13.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.38%), Vitamin C: 32.54mg (39.44%), Folate: 132.2µg (33.05%), Fiber: 7.91g (31.66%), Vitamin K: 30.41µg (28.96%), Manganese: 0.42mg (21.06%), Vitamin B1: 0.24mg (16.26%), Phosphorus: 157.19mg (15.72%), Iron: 2.35mg (13.08%), Vitamin B6: 0.23mg (11.38%), Zinc: 1.55mg (10.32%), Potassium: 357.32mg (10.21%), Magnesium: 39.79mg (9.95%), Copper: 0.18mg (9.03%), Vitamin B2: 0.15mg (8.76%), Calcium: 78.26mg (7.83%), Vitamin B5: 0.69mg (6.9%), Vitamin A: 326.81IU (6.54%), Selenium: 3.69µg (5.27%), Vitamin E: 0.78mg (5.23%), Vitamin B3: 0.99mg (4.95%), Vitamin B12: 0.16µg (2.64%)