



Smoked salmon with lentil salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 175 g puy lentils
- ☐ 1 shallots finely chopped
- ☐ 1 tbsp wholegrain mustard
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 6 tbsp olive oil good
- ☐ 3 eggs
- ☐ 2 tbsp optional: dill chopped
- ☐ 12 slices salmon smoked

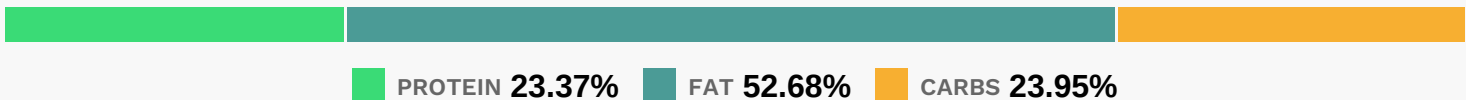
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Rinse the lentils, then put them in a pan and cover generously with water. Bring to the boil, then turn down the heat and simmer for 25–30 mins until tender.
- ☐ Drain well and leave to cool.
- ☐ Put the shallot in a bowl with the mustard, vinegar and seasoning.
- ☐ Mix well and whisk in the oil.
- ☐ Put the eggs into a small pan and cover with water. Bring to the boil, then simmer for 3 mins. Cool quickly under running cold water and peel off the shells. Put in a bowl of cold water until ready to serve.
- ☐ Stir the dill into the dressing and pour it over the lentils. Spoon onto 6 plates, then halve the eggs and put one half on each plate with two slices of smoked salmon.
- ☐ Sprinkle with black pepper, scatter over a few dill fronds and serve.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:11.346956470738%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 316.31kcal (15.82%), Fat: 18.21g (28.02%), Saturated Fat: 3g (18.75%), Carbohydrates: 18.63g (6.21%), Net Carbohydrates: 9.29g (3.38%), Sugar: 1.05g (1.17%), Cholesterol: 91.04mg (30.35%), Sodium: 375.42mg (16.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.35%), Vitamin D: 7.28µg (48.53%), Fiber: 9.34g (37.37%), Selenium: 20.61µg (29.45%), Vitamin B12: 1.5µg (25%), Vitamin E: 2.8mg (18.65%), Iron: 3.11mg (17.29%), Phosphorus: 114.85mg (11.48%), Vitamin B3: 1.93mg (9.64%), Vitamin B2: 0.14mg (8.46%), Vitamin B6: 0.16mg (8.25%), Vitamin K: 8.6µg (8.2%), Vitamin B5: 0.71mg (7.05%), Copper: 0.11mg (5.7%), Calcium: 38.78mg (3.88%), Potassium: 121.09mg (3.46%), Vitamin A: 165.83IU (3.32%), Folate: 12.93µg (3.23%), Magnesium: 12.19mg (3.05%), Zinc: 0.44mg (2.95%), Vitamin C: 1.94mg (2.35%), Manganese: 0.04mg (1.98%), Vitamin B1: 0.03mg (1.69%)