



WHATSheATE



HEALTH SCORE

56%

Spiced Pumpkin, Lentil, and Goat Cheese Salad



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups baby arugula
- ☐ 6 cups butternut squash whole peeled seeded (from one 2-pound pumpkin)
- ☐ 0.8 cup green lentils french
- ☐ 1 cup goat cheese crumbled soft
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup mint leaves thinly sliced
- ☐ 3 tablespoons olive oil divided

- ☐ 1 teaspoon paprika smoked spanish hot
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon sea salt

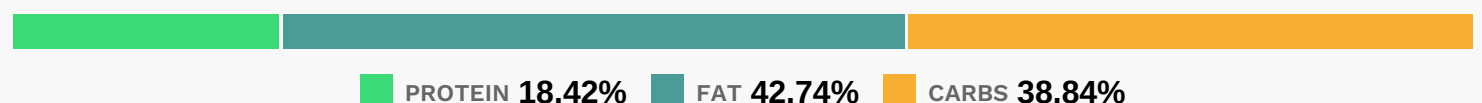
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place lentils in small bowl. Cover with cold water and soak 10 minutes; drain.
- ☐ Cook lentils in boiling salted water until tender but firm, about 30 minutes.
- ☐ Drain lentils. Rinse under cold water, then drain.
- ☐ Preheat oven to 375°F.
- ☐ Place pumpkin in large bowl; toss with 2 tablespoons oil, cumin, paprika, and sea salt. Arrange pumpkin in single layer on baking sheet; roast 20 minutes. Turn pumpkin over. Roast until tender, 10 to 15 minutes. Cool.
- ☐ Combine lentils, pumpkin, and oil from baking sheet with arugula, half of goat cheese, mint, vinegar, and 1 tablespoon oil. Season with salt and pepper. Divide among plates; sprinkle remaining goat cheese over.
- ☐ * Available at some supermarkets and at specialty foods stores.
- ☐ ** Sometimes labeled Pimentón Picante or Pimentó de La Vera Picante; available at specialty foods stores and from tienda.com.
- ☐ Bon Appétit
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:12.77, Glycemic Load:1.85, Inflammation Score:-10, Nutrition Score:24.07869569115%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 316.79kcal (15.84%), Fat: 15.59g (23.99%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 21.25g (7.73%), Sugar: 4.22g (4.69%), Cholesterol: 17.4mg (5.8%), Sodium: 345.36mg (15.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Vitamin A: 15846.64IU (316.93%), Folate: 172.57µg (43.14%), Fiber: 10.63g (42.54%), Vitamin C: 33.09mg (40.11%), Manganese: 0.72mg (36.14%), Phosphorus: 262.51mg (26.25%), Copper: 0.52mg (26.21%), Vitamin B1: 0.39mg (25.77%), Magnesium: 92.62mg (23.15%), Potassium: 806.35mg (23.04%), Vitamin B6: 0.46mg (23.03%), Iron: 4.14mg (23.01%), Vitamin E: 3.38mg (22.5%), Vitamin K: 22.45µg (21.38%), Calcium: 163.7mg (16.37%), Vitamin B2: 0.24mg (14.36%), Vitamin B5: 1.4mg (14.04%), Vitamin B3: 2.59mg (12.95%), Zinc: 1.82mg (12.14%), Selenium: 3.83µg (5.47%), Vitamin B12: 0.07µg (1.2%), Vitamin D: 0.15µg (1.01%)