

food
network

 **61%**
HEALTH SCORE

Spicy Red Lentil Salad with Pickled Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



784 kcal

SIDE DISH

Ingredients

- 6 cups lightly baby arugula packed
- 1 bay leaf
- 1 teaspoon dijon mustard
- 0.5 teaspoon ground cumin
- 12 ounces giardiniera
- 4 servings kosher salt and freshly cracked pepper black
- 0.3 cup olive oil extra-virgin
- 1 pound lentils red

- 0.3 teaspoon pepper flakes red
- 1 tablespoon red wine vinegar
- 1 tablespoon sugar

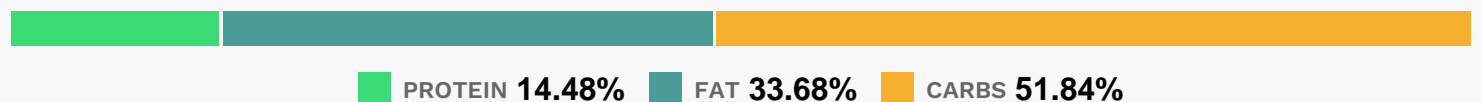
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- mixing bowl

Directions

- For the lentils: Set a large saucepan over high heat.
- Add the lentils and toast in the dry pan until they just turn in color a little (this will give the finished lentils a little texture), 20 to 30 seconds.
- Add 3 1/2 cups water, the cumin, red pepper flakes, bay leaf and some salt and pepper. Bring to a boil, and then reduce the heat and simmer, uncovered, until the lentils are tender and all the liquid has been absorbed, about 12 minutes.
- Pour the lentils out onto a flat platter in a thin layer so they cool faster and don't get too soft. Cool in the refrigerator for 5 minutes.
- Drain the giardiniera, reserving 1 tablespoon of the pickling juice, and roughly chop. Wash the arugula and dry well.
- For the vinaigrette: In a large mixing bowl, make a quick vinaigrette by combining the reserved pickling juice with the red wine vinegar, Dijon mustard, sugar, and some salt and pepper. While whisking, add the olive oil to emulsify.
- Assemble the salad in a large bowl by folding the giardiniera in with the lentils. Dress lightly with the vinaigrette and serve immediately over the arugula.

Nutrition Facts



Properties

Glycemic Index:40.92, Glycemic Load:10.55, Inflammation Score:-9, Nutrition Score:35.140000136002%

Flavonoids

Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg 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: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 783.59kcal (39.18%), Fat: 37.92g (58.34%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 131.36g (43.79%), Net Carbohydrates: 96.16g (34.97%), Sugar: 5.94g (6.6%), Cholesterol: 0mg (0%), Sodium: 2253.6mg (97.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.38%), Folate: 572.47µg (143.12%), Fiber: 35.2g (140.79%), Manganese: 1.62mg (81.23%), Vitamin B1: 1.01mg (67.16%), Phosphorus: 530.33mg (53.03%), Iron: 9.3mg (51.68%), Vitamin K: 46.66µg (44.44%), Magnesium: 154.33mg (38.58%), Zinc: 5.59mg (37.26%), Potassium: 1204.26mg (34.41%), Vitamin B6: 0.64mg (31.96%), Copper: 0.62mg (30.83%), Vitamin B5: 2.56mg (25.63%), Vitamin C: 17.4mg (21.08%), Vitamin E: 2.69mg (17.93%), Vitamin A: 798.8IU (15.98%), Vitamin B2: 0.27mg (15.8%), Vitamin B3: 3.08mg (15.39%), Selenium: 9.98µg (14.26%), Calcium: 115.75mg (11.57%)