



Sprouted Lentil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

Ingredients



0.5 cup cucumber diced seeded



1.5 teaspoons curry powder



0.5 teaspoon mustard dry



2 tablespoons cilantro leaves fresh chopped



0.5 teaspoon garlic powder



0.3 cup green onions chopped



2 tablespoons juice of lemon



2 cups lentil sprouts

- ☐ 1 tablespoon olive oil
- ☐ 1.5 teaspoons oregano dried
- ☐ 1 pinch salt and pepper to taste
- ☐ 0.5 cup tomatoes seeded chopped
- ☐ 1 tablespoon citrus champagne vinegar

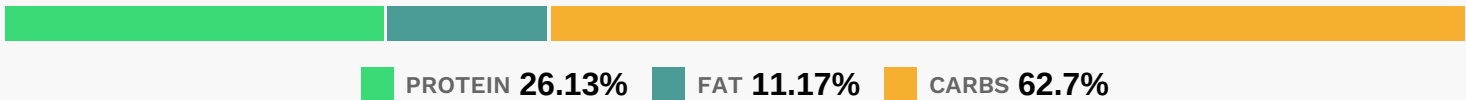
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl, combine the lentil sprouts, cucumber, tomato, green onions, cilantro and radishes. Toss lightly.
- ☐ In a smaller bowl, whisk together the olive oil, lemon juice, white wine vinegar, oregano, garlic powder, curry powder, mustard, salt and pepper.
- ☐ Drizzle the dressing over the salad, and toss lightly to coat. Chill for 20 to 30 minutes to allow the flavors to blend before serving.

Nutrition Facts



Properties

Glycemic Index:39.15, Glycemic Load:7.37, Inflammation Score:-9, Nutrition Score:30.372608703116%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 387.18kcal (19.36%), Fat: 4.85g (7.45%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 61.2g (20.4%), Net Carbohydrates: 30.71g (11.17%), Sugar: 3.13g (3.48%), Cholesterol: 0mg (0%), Sodium: 19.42mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.5g (51.01%), Fiber: 30.5g (121.99%), Folate: 475.43µg (118.86%), Manganese: 1.41mg (70.32%), Vitamin B1: 0.86mg (57.57%), Phosphorus: 452.35mg (45.24%), Iron: 8.04mg (44.65%), Magnesium: 128.63mg (32.16%), Zinc: 4.76mg (31.76%), Vitamin K: 32.87µg (31.31%), Potassium: 1044.16mg (29.83%), Vitamin B6: 0.57mg (28.71%), Copper: 0.54mg (27.22%), Vitamin B5: 2.14mg (21.4%), Vitamin C: 11.97mg (14.51%), Vitamin B3: 2.75mg (13.73%), Vitamin B2: 0.23mg (13.27%), Selenium: 8.82µg (12.59%), Vitamin E: 1.46mg (9.73%), Calcium: 81.32mg (8.13%), Vitamin A: 321.82IU (6.44%)