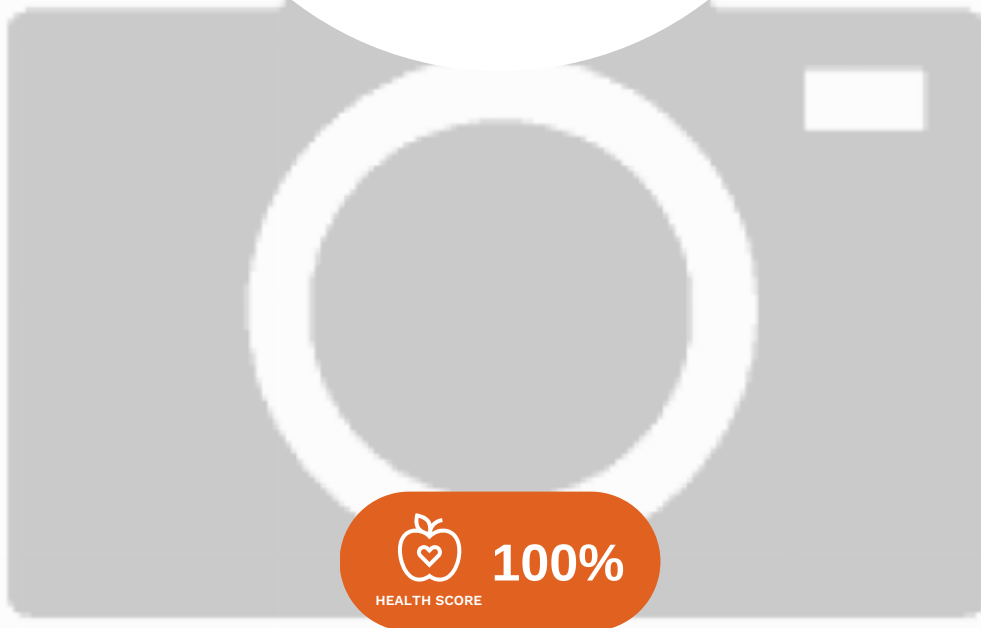




## Summer Lentil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



**85 min.**

SERVINGS



**6**

CALORIES



**331 kcal**

SIDE DISH

## Ingredients

- ☐ 0.3 cup balsamic vinegar sweet
- ☐ 0.5 cup celery minced
- ☐ 2 cups lentils
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons oregano dried
- ☐ 0.5 cup onion red minced
- ☐ 2 quarts water
- ☐ 0.3 cup vinegar white

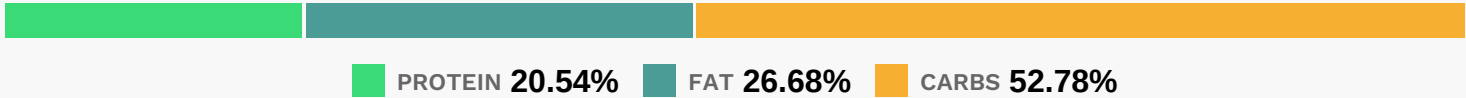
# Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ plastic wrap

# Directions

- ☐ Combine water and lentils in a pot and bring to a boil; cook at a boil until the lentils are tender but not mushy, 15 to 20 minutes.
- ☐ Drain and rinse with cold water to cool.
- ☐ Gently toss lentils, celery, and red onion together in a large bowl.
- ☐ Whisk balsamic vinegar, white vinegar, olive oil, and oregano together in separate bowl; drizzle over lentil mixture and toss to coat.
- ☐ Cover bowl with plastic wrap and refrigerate at least 1 hour, up to 2 days.

# Nutrition Facts



# Properties

Glycemic Index:31.43, Glycemic Load:6.2, Inflammation Score:-9, Nutrition Score:21.797826005065%

# Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg

# Nutrients (% of daily need)

Calories: 330.79kcal (16.54%), Fat: 9.78g (15.04%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 43.51g (14.5%), Net Carbohydrates: 22.92g (8.34%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 30.95mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.87%), Fiber: 20.59g (82.36%), Folate: 316.07µg (79.02%), Manganese: 0.98mg (49.23%), Vitamin B1: 0.57mg (37.97%), Iron: 5.64mg (31.33%), Phosphorus: 300.11mg

(30.01%), Magnesium: 89.8mg (22.45%), Zinc: 3.18mg (21.21%), Vitamin K: 21.5µg (20.48%), Copper: 0.41mg (20.28%), Potassium: 689.72mg (19.71%), Vitamin B6: 0.39mg (19.26%), Vitamin B5: 1.42mg (14.22%), Vitamin E: 1.94mg (12.93%), Vitamin B2: 0.15mg (8.96%), Vitamin B3: 1.79mg (8.93%), Calcium: 82.91mg (8.29%), Selenium: 5.54µg (7.91%), Vitamin C: 4.1mg (4.97%), Vitamin A: 91.37IU (1.83%)