

food
network



HEALTH SCORE

79%

Turmeric Roasted Chickpea and Lentil Salad



Gluten Free



Dairy Free



Very Healthy

READY IN

**55 min.**

SERVINGS

**3**

CALORIES

**459 kcal**

SIDE DISH

Ingredients



1 small bay leaf



0.3 teaspoon pepper black freshly ground



15.5 ounce chickpeas rinsed drained canned



1 teaspoon canola oil



0.5 pound brown lentils dried



2 tablespoons flat parsley chopped



1 clove garlic smashed



0.3 teaspoon ground cumin

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 optional: lemon halved
- ☐ 2 cups chicken stock see low-sodium
- ☐ 0.3 cup roasted bell peppers red chopped
- ☐ 0.5 teaspoon turmeric
- ☐ 1 small onion yellow halved

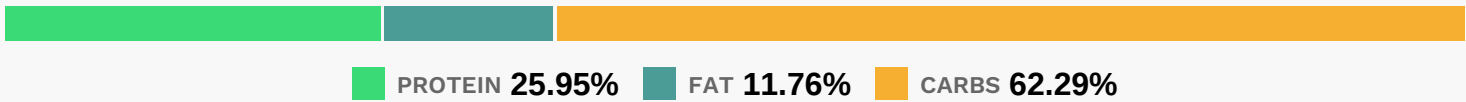
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat an oven to 375 degrees F.
- ☐ Combine the chickpeas with the oil, salt, turmeric, pepper and cumin in a bowl and toss to coat well.
- ☐ Transfer to a cast-iron skillet and spread evenly across the pan.
- ☐ Bake the chickpeas until golden brown, about 45 minutes.
- ☐ Meanwhile, bring the chicken stock to boil saucepan over high heat.
- ☐ Add the lentils, onion, garlic, bay leaf and half lemon. Cook until the lentils are tender, about 18 to 20 minutes; drain. Be sure to discard the lemon, onion, garlic and bay leaf.
- ☐ Combine the chickpeas, lentils, roasted red bell pepper, and parsley in a medium bowl. Juice the remaining lemon half into the bowl and toss to combine.

Nutrition Facts



Properties

Glycemic Index:73.81, Glycemic Load:12.1, Inflammation Score:-10, Nutrition Score:36.462173835091%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 459.37kcal (22.97%), Fat: 6.21g (9.55%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 73.98g (24.66%), Net Carbohydrates: 42.68g (15.52%), Sugar: 3.68g (4.09%), Cholesterol: 0mg (0%), Sodium: 1009.99mg (43.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.82g (61.64%), Fiber: 31.29g (125.18%), Manganese: 2.34mg (117.04%), Folate: 413.31µg (103.33%), Vitamin B6: 1.22mg (60.85%), Phosphorus: 525.29mg (52.53%), Vitamin B1: 0.74mg (49.4%), Iron: 8.66mg (48.09%), Vitamin K: 48.9µg (46.57%), Vitamin C: 33.68mg (40.82%), Copper: 0.75mg (37.37%), Magnesium: 143.02mg (35.75%), Potassium: 1201.63mg (34.33%), Zinc: 4.93mg (32.87%), Vitamin B3: 4.51mg (22.56%), Vitamin B5: 2.18mg (21.76%), Vitamin B2: 0.25mg (14.77%), Selenium: 9.68µg (13.83%), Calcium: 128.31mg (12.83%), Vitamin A: 350.33IU (7.01%), Vitamin E: 0.7mg (4.67%), Vitamin B12: 0.16µg (2.62%)