



Warm Lentil-and-Potato Salad



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 5 slices bacon
- ☐ 1 rib celery sliced
- ☐ 0.5 cup green lentils dried french
- ☐ 1.5 cups flat-leaf parsley leaves fresh loosely packed
- ☐ 2 garlic cloves
- ☐ 3 tablespoons olive oil
- ☐ 28 oz potatoes red halved
- ☐ 2 Tbsp red wine vinegar

- ☐ 2 large shallots finely chopped
- ☐ 2 teaspoons grain dijon mustard whole

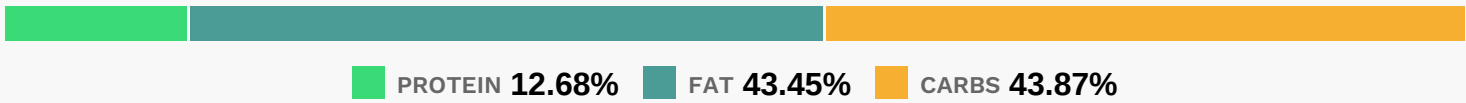
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Bring lentils and 4 cups salted water to a boil in a heavy 2-qt. saucepan over medium-high heat. Reduce heat to low; simmer 20 to 25 minutes or just until tender.
- ☐ Meanwhile, cook potatoes in boiling salted water to cover 15 minutes or just until tender.
- ☐ Drain lentils and potatoes.
- ☐ Cook bacon in a large, deep nonstick skillet over medium heat 6 to 7 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 Tbsp. drippings in skillet. Crumble bacon.
- ☐ Add olive oil to hot drippings in skillet, and heat over medium heat. Saut shallots, celery, and garlic in hot olive oil mixture 3 minutes.
- ☐ Remove from heat, and stir in vinegar and mustard. Season with salt and pepper to taste. Gently stir in lentils, potatoes, bacon, and parsley.

Nutrition Facts



Properties

Glycemic Index:22.58, Glycemic Load:1.31, Inflammation Score:-8, Nutrition Score:15.960434924001%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Quercetin: 0.69mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 226.72kcal (11.34%), Fat: 11.11g (17.1%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 19.26g (7%), Sugar: 2.14g (2.38%), Cholesterol: 9.07mg (3.03%), Sodium: 131.04mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.6%), Vitamin K: 191.26µg (182.15%), Vitamin C: 24.79mg (30.04%), Fiber: 5.99g (23.96%), Folate: 94.72µg (23.68%), Potassium: 683.2mg (19.52%), Vitamin A: 966.18IU (19.32%), Manganese: 0.36mg (17.84%), Vitamin B1: 0.24mg (16.03%), Vitamin B6: 0.31mg (15.6%), Phosphorus: 147.55mg (14.75%), Iron: 2.54mg (14.09%), Magnesium: 46.01mg (11.5%), Copper: 0.23mg (11.34%), Vitamin B3: 2.18mg (10.89%), Zinc: 1.23mg (8.18%), Selenium: 4.87µg (6.96%), Vitamin B5: 0.68mg (6.82%), Vitamin E: 0.98mg (6.51%), Vitamin B2: 0.08mg (4.78%), Calcium: 37.64mg (3.76%), Vitamin B12: 0.07µg (1.15%)