



WHATSheATE



HEALTH SCORE

100%

Warm mushroom, lentil & goat's cheese salad



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



635 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



3 tbsp olive oil



250 g pack chestnut mushroom sliced



2 tbsp red wine vinegar



2 tsp dijon mustard



2 bell pepper red finely chopped



4 servings onion red finely chopped



400 g lentils drained and rinsed canned



2 little gem lettuces separated

☐

100 g goat cheese crumbled

Equipment

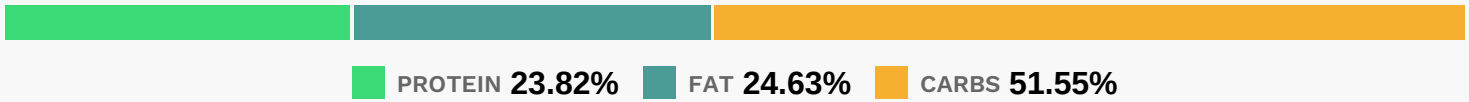
☐

frying pan

Directions

- ☐
- Heat 2 tbsp of the oil in a non-stick frying pan, then quickly fry the mushrooms until just starting to soften.
- ☐
- Remove from the heat, then stir in the remaining oil with the vinegar and mustard. Stir well until mixed, then add the peppers, onion and lentils and mix well again.
- ☐
- Arrange the leaves over 4 plates. Spoon the lentil salad over the top, add the goats cheese and serve.

Nutrition Facts



Properties

Glycemic Index:36.9, Glycemic Load:12.13, Inflammation Score:-10, Nutrition Score:58.088695619417%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 635.02kcal (31.75%), Fat: 18.18g (27.96%), Saturated Fat: 5.55g (34.68%), Carbohydrates: 85.58g (28.53%), Net Carbohydrates: 47.1g (17.13%), Sugar: 18.37g (20.41%), Cholesterol: 11.5mg (3.83%), Sodium: 143.81mg (6.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.56g (79.11%), Vitamin C: 176.99mg (214.53%), Folate: 689.65µg (172.41%), Fiber: 38.48g (153.92%), Manganese: 2.52mg (125.85%), Vitamin B6: 2.08mg (104.11%), Vitamin B2: 1.47mg (86.42%), Vitamin B1: 1.26mg (83.94%), Phosphorus: 824.33mg (82.43%), Potassium: 2859.5mg (81.7%), Vitamin A: 3294.99IU (65.9%), Copper: 1.32mg (65.83%), Magnesium: 236.67mg (59.17%), Iron: 10.64mg (59.1%), Zinc: 7.51mg (50.06%), Vitamin B5: 4.32mg (43.23%), Vitamin B3: 8.44mg (42.22%), Selenium: 27.3µg (39%), Vitamin K: 31.72µg (30.21%), Vitamin E: 3.68mg (24.55%), Calcium: 193.75mg (19.37%), Vitamin B12: 0.11µg (1.83%),

Vitamin D: 0.16µg (1.08%)