



Warm roasted squash and Puy lentil salad



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



981 kcal

SIDE DISH

Ingredients

- ☐ 1 kg butternut squash diced
- ☐ 1.5 tbsp olive oil
- ☐ 1 garlic clove crushed
- ☐ 2 tsp thyme leaves
- ☐ 1 tbsp balsamic vinegar
- ☐ 1 tsp coarse mustard
- ☐ 800 g lentils canned
- ☐ 0.5 onion red sliced

- ☐ 100 g pkt spinach
- ☐ 150 g cherry tomatoes halved
- ☐ 40 g cheshire cheese
- ☐ 1 tbsp pumpkin seeds toasted

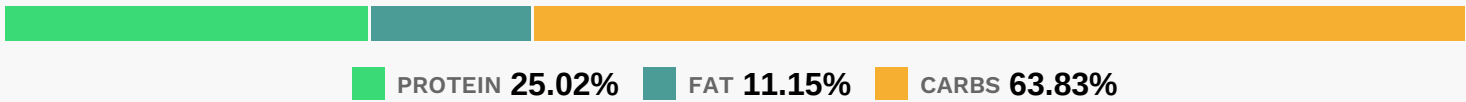
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the butternut squash with 1 tbsp olive oil, garlic clove, thyme leaves and seasoning. Roast for 25–30 mins or until tender.
- ☐ Mix together the balsamic vinegar, tbsp olive oil, the wholegrain mustard and 1–2 tbsp water.
- ☐ Drain the Puy lentils in water and toss with the dressing, red onion, spinach and cherry tomatoes.
- ☐ Divide the lentils between four plates. Top with the squash, then crumble over Cheshire cheese and pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:0.84, Inflammation Score:-10, Nutrition Score:36.513913263445%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 981.29kcal (49.06%), Fat: 12.07g (18.57%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 155.56g (51.85%), Net Carbohydrates: 86.84g (31.58%), Sugar: 11.94g (13.27%), Cholesterol: 10.3mg (3.43%), Sodium: 132.04mg (5.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.96g (121.92%), Vitamin A: 29146.56IU (582.93%), Fiber: 68.72g (274.89%), Vitamin K: 127.98µg (121.89%), Iron: 18.11mg (100.63%), Vitamin C: 80.02mg (96.99%), Manganese: 0.93mg (46.49%), Calcium: 347.39mg (34.74%), Vitamin E: 5.14mg (34.24%), Potassium: 1162.9mg (33.23%), Magnesium: 128.31mg (32.08%), Folate: 127.03µg (31.76%), Vitamin B6: 0.5mg (25.25%), Vitamin B1: 0.3mg (20.01%), Phosphorus: 190.14mg (19.01%), Vitamin B3: 3.55mg (17.75%), Copper: 0.29mg (14.3%), Vitamin B5: 1.11mg (11.1%), Vitamin B2: 0.15mg (8.62%), Zinc: 1.09mg (7.24%), Selenium: 3.97µg (5.68%), Vitamin B12: 0.08µg (1.33%)