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## Lentil and Rice Salad ·

A healthy and flavorful salad made with lentils and rice. This salad is packed with protein, fiber, and nutrients. It can be enjoyed as a main dish or a side dish.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	Lentils
250 g	Rice
200 g	Tomatoes
150 g	cucumber
100 g	red onion
30 g	olive oil

30 g	lemon juice
5 g	salt
2 g	black pepper
20 g	fresh parsley

## Directions

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### Step 1

#### Boiling

Cook the lentils and rice according to package instructions.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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### Step 2

#### Cutting

Chop the tomatoes, cucumber, and red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a large bowl, combine the cooked lentils, rice, tomatoes, cucumber, red onion, olive oil, lemon juice, salt, black pepper, and fresh parsley. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 4

Refrigerating

Refrigerate the salad for at least 1 hour to allow the flavors to meld together.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

## Step 5

Serving

Serve the lentil and rice salad chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 10 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	8 g	21.05%	32%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Thanksgiving Birthday Barbecue Picnic Game Day

### Cuisines

Mediterranean

### Course

Salads Snacks

### Cultural

Chinese New Year Cinco de Mayo Oktoberfest Passover St. Patrick's Day  
Thanksgiving Christmas Easter Halloween

### Cost

Under \$10

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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