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Lentil Salad ·•

A healthy and delicious salad made with lentils, vegetables, and a tangy dressing. It can be enjoyed as a main course or as a side dish.

Recipe Type: Vegan

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

200 g	Green Lentils
150 g	Cherry Tomatoes
100 g	cucumber
50 g	red onion
100 g	feta cheese
50 g	Black Olives

20 g	fresh parsley
30 ml	lemon juice
60 ml	olive oil
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Boiling

Rinse the lentils under cold water and cook them according to the package instructions.

Prep Time: 5 mins

Cook Time: 30 mins

Step 2

Cutting

While the lentils are cooking, chop the cherry tomatoes, cucumber, red onion, and parsley.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the cooked lentils, chopped vegetables, black olives, and crumbled feta cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a small bowl, whisk together the lemon juice, olive oil, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the lentil salad and toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Plating

Garnish with fresh parsley and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 12 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	12 g	42.86%	48%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	6 mcg	250%	250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Picnic

Course

Salads Sauces & Dressings

Demographics

Teen Friendly Heart Healthy

Diet

Raw Food Diet Pescatarian Diet Anti-Inflammatory Diet Nutrient Timing Diet
The Gerson Therapy The Beverly Hills Diet The Cookie Diet
The Israeli Army Diet The Air Diet The Negative Calorie Diet

The Shangri-La Diet

The Best Life Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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