



Lentil & Feta Tabbouleh

1 serving

10 minutes

Ingredients

99 grams Lentils (cooked)
1/2 Tomato (medium, diced)
25 grams Feta Cheese (crumbled)
61 grams Parsley (chopped)
20 grams Red Onion (finely diced)
15 milliliters Extra Virgin Olive Oil
1/8 Lemon (juiced)
1 gram Cinnamon (ground)
Sea Salt & Black Pepper (to taste)

Directions

1

Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free: Omit the feta and use sliced olives or capers instead.

Storage: Store in an airtight container in the fridge up to 3 days.

Nutrition

Amount per serving	
Calories	344
Fat	20g
Saturated	5g
Carbs	30g
Fiber	11g
Sugar	3g
Protein	15g
Cholesterol	22mg
Sodium	345mg
Potassium	876mg
Vitamin A	6070IU
Vitamin C	95mg
Calcium	247mg
Iron	8mg
Vitamin D	4IU
Vitamin E	3mg
Vitamin K	1008µg
Thiamine	0.2mg
Riboflavin	0.3mg
Niacin	2mg



Vitamin B6	0.3mg
Folate	301µg
Vitamin B12	0.4µg
Phosphorous	321mg
Magnesium	78mg
Zinc	3mg
Selenium	7µg