



Anthos Lentil Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces baking potato cubed peeled
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup brown lentils
- ☐ 1 cup carrots finely chopped 2 medium
- ☐ 1 cup celery finely chopped
- ☐ 6 cups less-sodium chicken broth fat-free
- ☐ 0.3 teaspoon kosher salt

- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup parsnips finely chopped
- ☐ 0.3 cup shallots finely chopped
- ☐ 3 tablespoons sherry vinegar

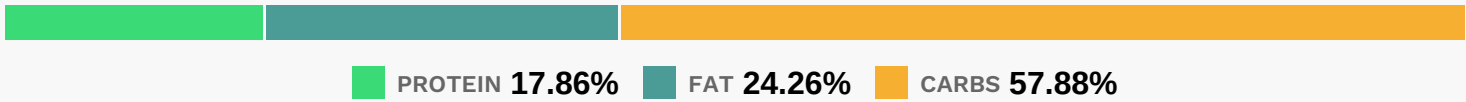
Equipment

- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large Dutch oven over medium-high heat.
- ☐ Add potato, carrot, celery, parsnip, and shallots to pan; saut for 7 minutes or until tender.
- ☐ Add sherry vinegar to pan, scraping pan to loosen browned bits.
- ☐ Add chicken broth, lentils, and bay leaves to pan; bring to a boil. Reduce heat, and simmer 45 minutes or until lentils are tender. Discard bay leaves.
- ☐ Transfer half of lentil mixture to a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth, scraping sides. Return lentil mixture to pan; stir in pepper and salt.

Nutrition Facts



Properties

Glycemic Index:50.36, Glycemic Load:9.56, Inflammation Score:-10, Nutrition Score:17.50086958512%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 199.9kcal (9.99%), Fat: 5.49g (8.44%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 19.5g (7.09%), Sugar: 4.13g (4.59%), Cholesterol: 0mg (0%), Sodium: 1060.82mg (46.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.18%), Vitamin A: 3652.77IU (73.06%), Fiber: 9.96g (39.86%), Folate: 148.33µg (37.08%), Manganese: 0.61mg (30.53%), Vitamin B1: 0.3mg (19.8%), Vitamin B6: 0.4mg (19.75%), Potassium: 678.58mg (19.39%), Phosphorus: 186.1mg (18.61%), Iron: 2.9mg (16.1%), Vitamin K: 16.56µg (15.77%), Vitamin B3: 2.69mg (13.46%), Magnesium: 52.86mg (13.22%), Copper: 0.26mg (12.84%), Vitamin B5: 1.14mg (11.4%), Selenium: 7.69µg (10.99%), Vitamin C: 8.92mg (10.81%), Zinc: 1.53mg (10.21%), Vitamin B2: 0.14mg (8.48%), Vitamin E: 1.23mg (8.23%), Vitamin B12: 0.45µg (7.57%), Calcium: 53.63mg (5.36%)