

Autumn Lentil Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



173 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 32 fluid ounce chicken stock see
- ☐ 1 tablespoon onion dried minced
- ☐ 1 teaspoon parsley dried
- ☐ 750 milliliter cooking wine dry white (such as Chenin Blanc)
- ☐ 2 cloves garlic pressed
- ☐ 1 teaspoon garlic powder
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 2 teaspoons penzey's southwest seasoning italian

☐

 3 tablespoons olive oil extra-virgin

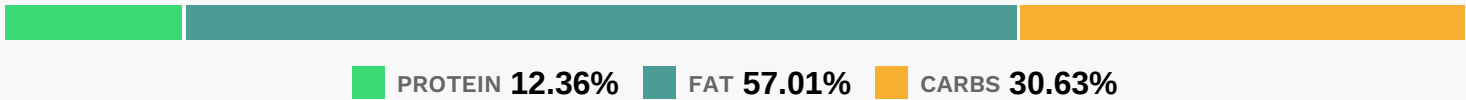
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Heat the olive oil in a large saucepan or Dutch oven over medium heat. Stir in the onions and garlic; cook until the onions soften, turn translucent, and begin to brown, about 10 minutes.
- ☐ Pour in the white wine, and bring to a boil over high heat. Reduce heat to medium, and simmer 10 minutes.
- ☐ Stir in the lentils, chicken stock, Italian seasoning, parsley, garlic powder, and dried onion. Bring to a simmer over high heat, then reduce heat to medium-low, cover, and simmer until the lentils are very tender, about 1 1/2 hours. Season to taste with salt and black pepper before serving.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:3.8504347853039%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 173.13kcal (8.66%), Fat: 6.7g (10.31%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 7.76g (2.82%), Sugar: 3.05g (3.39%), Cholesterol: 3.55mg (1.18%), Sodium: 174.69mg (7.6%),

Alcohol: 9.8g (100%), Alcohol %: 5.62% (100%), Protein: 3.27g (6.54%), Vitamin B3: 2.01mg (10.06%), Manganese: 0.18mg (8.75%), Vitamin B6: 0.15mg (7.54%), Vitamin B2: 0.12mg (7.05%), Vitamin K: 7.26µg (6.91%), Potassium: 217.35mg (6.21%), Vitamin E: 0.89mg (5.93%), Phosphorus: 54.6mg (5.46%), Iron: 0.77mg (4.3%), Magnesium: 16.86mg (4.22%), Selenium: 2.95µg (4.22%), Copper: 0.08mg (3.96%), Vitamin B1: 0.05mg (3.56%), Calcium: 23.99mg (2.4%), Folate: 9.33µg (2.33%), Zinc: 0.33mg (2.18%), Fiber: 0.35g (1.39%), Vitamin C: 0.97mg (1.18%)