



## Bacon, Ham, and Lentil Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 1 cup tomatoes diced with basil, garlic, and oregano canned
- 0.5 cup carrots chopped
- 1 cup celery chopped
- 1 pound lentils dried
- 42 ounce less-sodium chicken broth fat-free canned
- 1 cup fennel bulb chopped

- 0.3 cup chives fresh chopped
- 1.5 cups ham cubed ( ) ( 8 ounces)
- 0.5 cup leek chopped
- 1 cup onion chopped
- 5 slices thick- bacon
- 2 cups water
- 1 teaspoon or dried fresh chopped

## Equipment

- frying pan
- dutch oven

## Directions

- Cook bacon in a Dutch oven over medium heat until crisp.
- Remove from pan, reserving 2 tablespoons drippings in pan; set bacon aside.
- Add ham to drippings in pan; cook 2 minutes, stirring frequently.
- Add the onion and the next 4 ingredients (onion through carrot); cover and cook 10 minutes, stirring occasionally.
- Add broth and next 6 ingredients (broth through bay leaves). Bring to a boil; cover, reduce heat, and simmer 30 minutes or until lentils are tender. Discard bay leaves; sprinkle with bacon and chives just before serving.

## Nutrition Facts



**PROTEIN 26.11%** **FAT 27.37%** **CARBS 46.52%**

## Properties

Glycemic Index:35.55, Glycemic Load:5.3, Inflammation Score:-9, Nutrition Score:24.47521765854%

## Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 348.85kcal (17.44%), Fat: 10.71g (16.48%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 40.97g (13.66%), Net Carbohydrates: 22.06g (8.02%), Sugar: 4.54g (5.04%), Cholesterol: 26.3mg (8.77%), Sodium: 1108.91mg (48.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.98%), Fiber: 18.91g (75.65%), Folate: 293.56µg (73.39%), Manganese: 0.93mg (46.31%), Vitamin B1: 0.6mg (40.29%), Phosphorus: 330.4mg (33.04%), Vitamin A: 1627.8IU (32.56%), Iron: 5.49mg (30.49%), Vitamin B6: 0.49mg (24.29%), Potassium: 836.25mg (23.89%), Vitamin K: 22.99µg (21.9%), Magnesium: 86.05mg (21.51%), Zinc: 3.17mg (21.12%), Copper: 0.4mg (19.83%), Vitamin B3: 3.68mg (18.38%), Selenium: 12.85µg (18.35%), Vitamin B5: 1.67mg (16.69%), Vitamin C: 10.4mg (12.61%), Vitamin B2: 0.21mg (12.37%), Calcium: 75.08mg (7.51%), Vitamin B12: 0.41µg (6.84%), Vitamin E: 0.8mg (5.31%)