



Barley and Lentil Soup with Swiss Chard



Vegetarian



Vegan



Dairy Free

READY IN



85 min.

SERVINGS



10

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce frangelico diced canned
- ☐ 1.5 cups carrots peeled chopped
- ☐ 0.7 cup lentils dried
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 3 large garlic clove minced
- ☐ 2.5 teaspoons ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped

- ☐ 0.7 cup quick-cooking barley
- ☐ 4 cups swiss chard packed coarsely chopped ()
- ☐ 10 cups vegetable stock ()

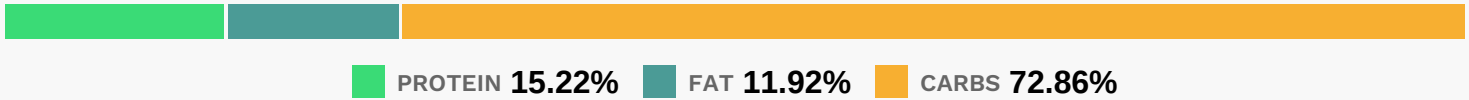
Equipment

- ☐ pot

Directions

- ☐ Heat oil in heavy large nonreactive pot over medium-high heat.
- ☐ Add onions and carrots; sauté until onions are golden brown, about 10 minutes.
- ☐ Add garlic and stir 1 minute.
- ☐ Mix in cumin; stir 30 seconds.
- ☐ Add 10 cups broth and barley; bring to boil. Reduce heat; partially cover and simmer 25 minutes. Stir in tomatoes with juice and lentils; cover and simmer until barley and lentils are tender, about 30 minutes.
- ☐ Add chard to soup; cover and simmer until chard is tender, about 5 minutes. Stir in dill. Season soup with salt and pepper. Thin with more broth, if desired.

Nutrition Facts



Properties

Glycemic Index:22.54, Glycemic Load:3.58, Inflammation Score:-10, Nutrition Score:16.788695584173%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 139.7kcal (6.99%), Fat: 1.91g (2.93%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 18.97g (6.9%), Sugar: 4.47g (4.97%), Cholesterol: 0mg (0%), Sodium: 987.92mg (42.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.95%), Vitamin K: 123.97µg (118.07%), Vitamin A: 4609.82IU (92.2%), Fiber: 7.23g (28.93%), Manganese: 0.49mg (24.52%), Folate: 74.8µg (18.7%), Vitamin B1: 0.17mg (11.44%), Iron: 2.03mg (11.25%), Magnesium: 44.62mg (11.15%), Phosphorus: 111.42mg (11.14%), Vitamin C: 8.18mg (9.91%), Vitamin B6: 0.19mg (9.34%), Selenium: 6.51µg (9.3%), Potassium: 323.78mg (9.25%), Copper: 0.17mg (8.67%), Zinc: 1.07mg (7.13%), Vitamin B3: 1.25mg (6.26%), Vitamin E: 0.69mg (4.59%), Vitamin B2: 0.08mg (4.45%), Vitamin B5: 0.42mg (4.24%), Calcium: 36.7mg (3.67%)