

 88%
HEALTH SCORE

Bryan's Spicy Red Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



80 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 ounce canned tomatoes diced canned
- ☐ 0.5 teaspoon curry powder
- ☐ 2 teaspoons basil dried
- ☐ 1.5 cups pkt spinach frozen chopped
- ☐ 1.5 teaspoons ground cardamom
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon olive oil

- ☐ 1.5 cups onion red chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 2 cups water

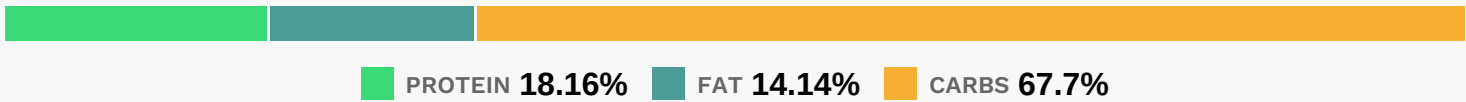
Equipment

- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Heat the oil in a large pot over medium heat, and cook the onion until golden brown. Season with salt and pepper.
- ☐ Mix in tomatoes, spinach, and lentils, and pour in water. Season with basil, cardamom, cumin, cayenne pepper, and curry powder. Bring to a boil, reduce heat to low, and simmer 25 minutes, stirring occasionally, until lentils are tender.
- ☐ Transfer the soup to a blender (or use a hand held blender), and blend until smooth before serving.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:20.324782723966%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 80.19kcal (4.01%), Fat: 1.47g (2.27%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 11.14g (4.05%), Sugar: 7.81g (8.67%), Cholesterol: 0mg (0%), Sodium: 403.88mg (17.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Vitamin K: 158.69µg (151.13%), Vitamin A: 4936.09IU

(98.72%), Manganese: 0.76mg (38.15%), Vitamin C: 17.56mg (21.28%), Folate: 82.85µg (20.71%), Vitamin E: 3.02mg (20.15%), Fiber: 4.73g (18.9%), Iron: 3.2mg (17.77%), Potassium: 607.27mg (17.35%), Copper: 0.34mg (17.02%), Magnesium: 65.91mg (16.48%), Vitamin B6: 0.33mg (16.33%), Calcium: 120.51mg (12.05%), Vitamin B1: 0.16mg (10.57%), Vitamin B2: 0.17mg (10.29%), Vitamin B3: 1.92mg (9.59%), Phosphorus: 77.58mg (7.76%), Zinc: 0.74mg (4.93%), Selenium: 3.4µg (4.86%), Vitamin B5: 0.46mg (4.56%)