



Cabbage and Lentil Soup

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 carrots peeled sliced ()
- 6 cups chicken broth
- 2 tablespoons cumin seed
- 1 lb cabbage shredded green
- 6 to 8 green onions
- 6 leaves curly kale trimmed chopped (optional; 6 to 7 in. long)
- 2 cups lentils
- 1 tablespoon olive oil

- 10 servings salt
- 2 firm-ripe tomatoes cored rinsed chopped ()

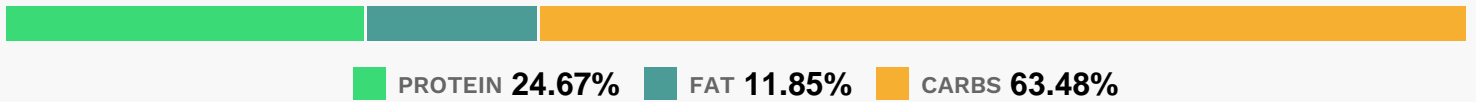
Equipment

- bowl
- frying pan
- ladle

Directions

- Sort lentils and discard debris. Rinse lentils and put in a 6- to 8-quart pan.
- Add 4 cups water, broth, cumin seed, olive oil, cabbage, kale, carrots and tomatoes.
- Bring to a boil over high heat, then cover and simmer gently, stirring occasionally, until vegetables are soft and flavors well blended, about 1 hour.
- Trim ends from onions and chop onions. Ladle soup into bowls, add onions, and season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:22.24, Glycemic Load:5, Inflammation Score:-10, Nutrition Score:25.772608745357%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

Nutrients (% of daily need)

Calories: 196.28kcal (9.81%), Fat: 2.66g (4.1%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 17.39g (6.32%), Sugar: 5.47g (6.07%), Cholesterol: 2.82mg (0.94%), Sodium: 760.55mg (33.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.97%), Vitamin A: 7127.93IU (142.56%), Vitamin K: 84.72µg (80.68%), Fiber: 14.75g (59%), Folate: 222.9µg (55.73%), Manganese: 0.82mg (41.2%), Vitamin C: 31.43mg (38.1%), Vitamin B1: 0.44mg (29.65%), Iron: 4.4mg (24.45%), Phosphorus: 221.61mg (22.16%), Potassium: 708.98mg (20.26%), Vitamin B6: 0.35mg (17.66%), Magnesium: 68.81mg (17.2%), Zinc: 2.26mg (15.05%), Vitamin B2: 0.24mg (14.17%), Copper: 0.28mg (14%), Vitamin B5: 1.06mg (10.64%), Vitamin B3: 2.09mg (10.46%), Calcium: 93.08mg (9.31%), Vitamin E: 1.01mg (6.74%), Selenium: 4.09µg (5.84%)