



Carla's Lentil Soup

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

READY IN



45 min.

SERVINGS



12

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon cut into 1-inch pieces (6 oz. total)
- 56 oz tomatoes diced canned
- 2 carrots peeled thinly sliced (8 oz. total)
- 2 stalks celery rinsed thinly sliced (6 oz. total)
- 2 bay leaves dried
- 1.5 lb lentils dried rinsed
- 1 teaspoon thyme leaves dried
- 2 cloves garlic minced peeled

- 2 lemons rinsed cut into wedges
- 2 onions peeled halved thinly sliced (1 lb. total)
- 0.3 cup parsley chopped
- 0.5 teaspoon pepper
- 1 teaspoon salt

Equipment

- bowl
- frying pan
- ladle

Directions

- In an 8-quart pan over medium-high heat, stir bacon until browned around edges, about 2 minutes.
- Add onions, carrots, celery, and garlic to pan and stir frequently until vegetables are very limp, about 10 minutes (lower heat to medium if necessary to prevent scorching).
- Add lentils, parsley, thyme, salt, pepper, bay leaves, and 9 cups water; bring to a boil. Reduce heat to maintain a simmer, cover, and cook, stirring occasionally, until lentils are very tender to bite, about 20 minutes.
- Add tomatoes, including juices, and 1 cup water; simmer uncovered for 10 minutes longer.
- Ladle soup into bowls and serve with lemon wedges for squeezing over individual servings.

Nutrition Facts



PROTEIN 23.9% **FAT 16.03%** **CARBS 60.07%**

Properties

Glycemic Index:20.83, Glycemic Load:5.22, Inflammation Score:-9, Nutrition Score:26.206956654787%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.9mg, Apigenin:

2.9mg, Apigenin: 2.9mg, Apigenin: 2.9mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg
Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg,
Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin:
0.33mg, Myricetin: 0.33mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg
Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 287.85kcal (14.39%), Fat: 5.27g (8.11%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 44.42g (14.81%), Net
Carbohydrates: 24.49g (8.91%), Sugar: 6.12g (6.8%), Cholesterol: 7.26mg (2.42%), Sodium: 473.49mg (20.59%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.35%), Fiber: 19.93g (79.72%), Folate: 294.15µg
(73.54%), Manganese: 0.94mg (46.85%), Vitamin B1: 0.61mg (40.75%), Vitamin A: 2023.67IU (40.47%), Vitamin C:
28.37mg (34.39%), Iron: 6mg (33.33%), Phosphorus: 311.85mg (31.19%), Vitamin K: 32.11µg (30.58%), Vitamin B6:
0.55mg (27.3%), Potassium: 924.29mg (26.41%), Magnesium: 91.37mg (22.84%), Zinc: 3.13mg (20.84%), Copper:
0.42mg (20.81%), Vitamin B5: 1.54mg (15.41%), Vitamin B3: 3.05mg (15.24%), Vitamin B2: 0.22mg (13.05%),
Selenium: 7.33µg (10.47%), Calcium: 93.07mg (9.31%), Vitamin E: 1.36mg (9.05%)