



HEALTH SCORE

65%

Carrot and Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



100 min.

SERVINGS



4

CALORIES



1306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



500 g carrots



3 large potatoes



200 g lentils split red



1 liter vegetable stock



2 liters water



1 large onion white

Equipment

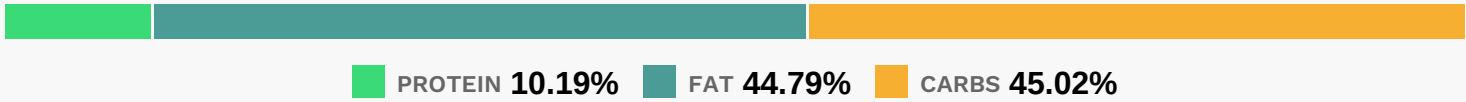


pot

Directions

- ☐ Fill a large pot with two liters of water and bring it to the boil.
- ☐ Add some salt if you wish (though you don't really need to).2 Peel the carrots and cut them into a small dice (no need to be too specific about size).3 Boil half of the carrots in the water. Whilst they are boiling, dice the potatos and onion.4 When the carrots are soft, mash them lightly.5
- ☐ Add the vegetable stock and add the remaining carrots, potatos, and onion.
- ☐ Add the lentils now, too.6 Bring to the boil again and cook slowly until the vegetables are soft, and the lentils have thickened the soup.7 Enjoy with a hunk of chunky bread.

Nutrition Facts



Properties

Glycemic Index:45.55, Glycemic Load:43.77, Inflammation Score:-10, Nutrition Score:38.881304222605%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg, Kaempferol: 2.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1305.85kcal (65.29%), Fat: 63.62g (97.87%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 143.87g (47.96%), Net Carbohydrates: 113.39g (41.23%), Sugar: 28.19g (31.32%), Cholesterol: 0mg (0%), Sodium: 42632.36mg (1853.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.57g (65.13%), Vitamin A: 20908.29IU (418.17%), Fiber: 30.48g (121.9%), Vitamin C: 66.87mg (81.05%), Folate: 314.65µg (78.66%), Manganese: 1.32mg (65.78%), Vitamin B6: 1.3mg (65.2%), Potassium: 2097.37mg (59.92%), Vitamin B1: 0.76mg (50.51%), Phosphorus: 437.87mg (43.79%), Magnesium: 148.4mg (37.1%), Iron: 6.38mg (35.46%), Copper: 0.71mg (35.46%), Vitamin B3: 5.49mg (27.46%), Zinc: 3.61mg (24.04%), Vitamin K: 24.41µg (23.25%), Vitamin B5: 2.28mg (22.77%), Vitamin B2: 0.28mg (16.28%), Calcium: 126.08mg (12.61%), Selenium: 5.29µg (7.56%), Vitamin E: 1.11mg (7.37%)