



## Chickpea and Lentil Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 1.8 cups canned tomatoes thick canned crushed (one 15-ounce can)
- 2 ribs celery chopped
- 0.3 cup cilantro leaves chopped
- 0.1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.3 teaspoon pepper black
- 1 cup lentils

- 1 onion chopped
- 1.8 teaspoons salt
- 0.3 teaspoon turmeric
- 6.5 cups water

## Equipment

- pot

## Directions

- In a large pot, melt the butter over moderately low heat.
- Add the onion and celery and cook, stirring occasionally, until the vegetables start to soften, about 10 minutes. Stir in the ginger, turmeric, cinnamon, salt, pepper, and lentils.
- Add the water and tomatoes to the pot. Bring to a boil. Reduce the heat and simmer, partially covered, stirring occasionally, until the lentils are tender, 25 to 30 minutes.
- Add the chickpeas and simmer 5 minutes longer. Stir in the cilantro or parsley.
- Add two cups of shredded cabbage and an additional half cup of water along with the tomatoes.: Use saffron instead of the turmeric.
- Wine Recommendation: What a combination this dish and gewrztraminer will make. The wine's full body will stand up to the soup, and the complex interplay of spices between the wine and soup will keep you fascinated. The wine can be from Washington or Alsace, but it should be dry.

## Nutrition Facts

**PROTEIN 21.1%** **FAT 21.25%** **CARBS 57.65%**

## Properties

Glycemic Index:61.4, Glycemic Load:6.34, Inflammation Score:-9, Nutrition Score:22.04304355966%

## Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg,

Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 269.36kcal (13.47%), Fat: 6.58g (10.12%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 22.56g (8.2%), Sugar: 7.1g (7.89%), Cholesterol: 15.05mg (5.02%), Sodium: 1242.12mg (54.01%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 14.7g (29.39%), Fiber: 17.6g (70.41%), Folate: 257.25µg (64.31%), Manganese: 1.02mg (50.82%), Vitamin B1: 0.52mg (34.47%), Iron: 5.25mg (29.14%), Phosphorus: 266.45mg (26.64%), Copper: 0.53mg (26.49%), Potassium: 877.99mg (25.09%), Vitamin B6: 0.47mg (23.61%), Magnesium: 90.07mg (22.52%), Zinc: 2.72mg (18.16%), Vitamin C: 14.9mg (18.07%), Vitamin K: 18.85µg (17.95%), Vitamin B5: 1.42mg (14.23%), Vitamin B3: 2.69mg (13.45%), Vitamin E: 1.82mg (12.14%), Vitamin A: 602.55IU (12.05%), Vitamin B2: 0.18mg (10.63%), Calcium: 93.63mg (9.36%), Selenium: 5.07µg (7.25%)