



Chorizo and Lentil Soup



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings peppercorn black freshly ground
- ☐ 1 carrots diced
- ☐ 1 stalk celery diced
- ☐ 150 g chorizo uncooked cut into small rounds
- ☐ 0.3 cup puy lentils rinsed
- ☐ 1 onion diced
- ☐ 0.5 tsp salt
- ☐ 1 cup meat from a rotisserie chicken shredded leftover

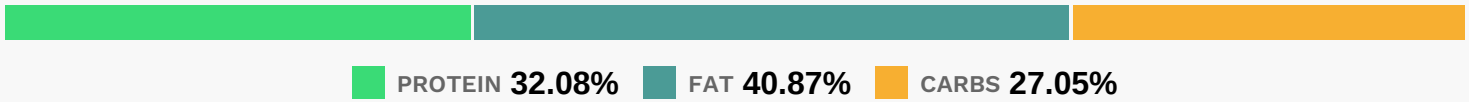
- ☐ 1 tsp sugar
- ☐ 2 Tbs concentrated tomato paste
- ☐ 2.5 cups water

Equipment

Directions

- ☐ Place all ingredients except the shredded chicken into the soup maker and press the "chunky" button.

Nutrition Facts



Properties

Glycemic Index:140.46, Glycemic Load:4.85, Inflammation Score:-10, Nutrition Score:18.312173967776%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

Nutrients (% of daily need)

Calories: 511.53kcal (25.58%), Fat: 22.66g (34.86%), Saturated Fat: 8.04g (50.22%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 20.74g (7.54%), Sugar: 8.76g (9.74%), Cholesterol: 99.38mg (33.13%), Sodium: 817.27mg (35.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.02g (80.04%), Vitamin A: 5732.26IU (114.65%), Fiber: 13g (52.01%), Vitamin B3: 6.45mg (32.24%), Iron: 5.52mg (30.67%), Selenium: 18.52µg (26.45%), Vitamin B6: 0.45mg (22.37%), Phosphorus: 180.68mg (18.07%), Manganese: 0.32mg (16.22%), Potassium: 565.89mg (16.17%), Vitamin C: 11.59mg (14.05%), Vitamin K: 13.57µg (12.92%), Vitamin B2: 0.17mg (10.21%), Copper: 0.2mg (10.08%), Magnesium: 37.46mg (9.37%), Zinc: 1.4mg (9.34%), Vitamin B5: 0.92mg (9.17%), Calcium: 78.56mg (7.86%), Folate: 29.03µg (7.26%), Vitamin B1: 0.1mg (6.91%), Vitamin E: 0.96mg (6.43%), Vitamin B12: 0.2µg (3.38%)