



HEALTH SCORE

61%

Chunky Red Dal Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**5**

CALORIES

**204 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup chickpeas canned rinsed drained (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1.5 teaspoons ginger fresh minced peeled
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon harissa
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.8 teaspoon paprika smoked spanish
- ☐ 1 cup lentils dried red rinsed drained
- ☐ 0.5 teaspoon salt
- ☐ 3 cups water

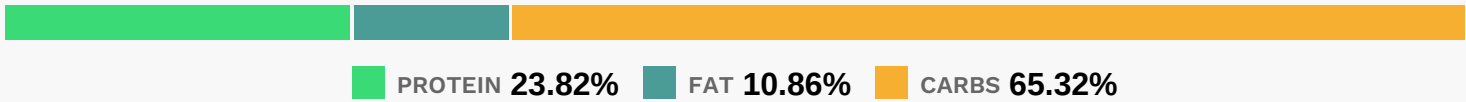
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion and garlic; cook 6 minutes or until tender, stirring frequently. Stir in ginger, paprika, salt, cumin, and pepper; cook 1 minute.
- ☐ Add 3 cups water, lentils, chickpeas, and tomatoes; bring to a boil.
- ☐ Cover, reduce heat, and simmer for 30 minutes or until the lentils are tender, stirring occasionally. Stir in lemon juice and harissa.
- ☐ Garnish with chopped fresh cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:45.39, Glycemic Load:5.92, Inflammation Score:-7, Nutrition Score:17.736956471982%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg Gallocatechin: 0.05mg,

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Nutrients (% of daily need)

Calories: 203.56kcal (10.18%), Fat: 2.55g (3.92%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 20.05g (7.29%), Sugar: 5.28g (5.87%), Cholesterol: 0mg (0%), Sodium: 456.17mg (19.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.15%), Fiber: 14.44g (57.77%), Folate: 195.31µg (48.83%), Manganese: 0.94mg (47.25%), Vitamin B1: 0.4mg (26.56%), Vitamin B6: 0.51mg (25.52%), Iron: 4.39mg (24.38%), Phosphorus: 222.95mg (22.3%), Copper: 0.43mg (21.26%), Potassium: 676.32mg (19.32%), Magnesium: 73.94mg (18.48%), Zinc: 2.24mg (14.94%), Vitamin C: 11.91mg (14.44%), Vitamin B5: 1.13mg (11.34%), Vitamin B3: 2.07mg (10.33%), Vitamin E: 1.5mg (9.98%), Vitamin B2: 0.13mg (7.89%), Calcium: 71.09mg (7.11%), Vitamin A: 352.38IU (7.05%), Vitamin K: 7.33µg (6.99%), Selenium: 4.35µg (6.21%)