



Collins' Best Lentil Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups beef broth
- ☐ 1 cup carrots peeled chopped
- ☐ 1 cup celery chopped
- ☐ 1 cup lentils dried
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon pepper

- ☐ 1 cup redskin potato diced
- ☐ 14 oz turkey kielbasa sliced

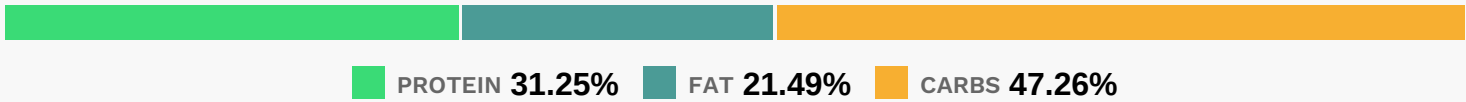
Equipment

- ☐ slow cooker

Directions

- ☐ Sort and wash lentils.
- ☐ Combine lentils, sausage and remaining ingredients in a 3-quart slow cooker. Cover and cook on high setting one hour; reduce heat to low setting and cook 3 hours. Stir before serving.
Makes 10 1/2 cups.

Nutrition Facts



Properties

Glycemic Index:34.82, Glycemic Load:4.89, Inflammation Score:-9, Nutrition Score:15.750869616218%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 170.47kcal (8.52%), Fat: 4.09g (6.3%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 12.73g (4.63%), Sugar: 3.26g (3.62%), Cholesterol: 21.04mg (7.01%), Sodium: 1030.8mg (44.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.79%), Vitamin A: 2317.06IU (46.34%), Iron: 5.82mg (32.33%), Fiber: 7.52g (30.1%), Folate: 111.74µg (27.94%), Vitamin C: 20.36mg (24.68%), Phosphorus: 202.93mg (20.29%), Vitamin B6: 0.38mg (18.83%), Vitamin K: 19.67µg (18.74%), Manganese: 0.37mg (18.3%), Vitamin B3: 3.49mg (17.46%), Selenium: 11.61µg (16.59%), Vitamin B1: 0.23mg (15.62%), Potassium: 524.15mg (14.98%), Zinc: 1.91mg (12.7%), Magnesium: 45.92mg (11.48%), Vitamin B2: 0.16mg (9.68%), Copper: 0.18mg (9.23%), Vitamin B5: 0.59mg (5.86%), Vitamin B12: 0.27µg (4.52%), Calcium: 43.78mg (4.38%), Vitamin E: 0.25mg (1.69%)