



COLOMBIAN-STYLE LENTIL SOUP (SOPA DE LENTEJAS)



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots grated
- ☐ 1 cup chorizo sliced
- ☐ 0.3 teaspoon cumin powder
- ☐ 1.3 cup lentils dried
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup heavy cream

- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup potatoes
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup scallions chopped
- ☐ 0.5 cup tomatoes chopped
- ☐ 1 teaspoon vegetable oil
- ☐ 5 cups water

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ ladle
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook the chorizo in the oil in a large pot over medium heat, stirring occasionally, about 5 minutes. Using a slotted spoon, transfer the chorizo to a plate lined with paper towel.
- ☐ Add the carrots, onion, garlic, tomato and scallions to the pot, season with salt and pepper. Cook stirring occasionally about 12 minutes. Stir in the cumin and cook 1 more minute.
- ☐ Add the lentils and water, bring to a boil. Then reduce the heat to medium low, cover and cook until the lentils become tender but not mushy about 45 minutes.
- ☐ Add chorizo and potatoes, cook for 15 to 20 minutes until the potatoes are fully cooked and fork tender, thin with water if necessary. Ladle into soup bowls and top with cream if using and serve immediately.

Nutrition Facts



 **PROTEIN 19.74%**  **FAT 38.57%**  **CARBS 41.69%**

Properties

Glycemic Index:94.8, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:26.13869582311%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 446.64kcal (22.33%), Fat: 19.23g (29.58%), Saturated Fat: 9.66g (60.39%), Carbohydrates: 46.77g (15.59%), Net Carbohydrates: 26.64g (9.69%), Sugar: 4.61g (5.12%), Cholesterol: 51.27mg (17.09%), Sodium: 333.31mg (14.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.15g (44.29%), Fiber: 20.14g (80.54%), Folate: 307.04µg (76.76%), Vitamin A: 3477.42IU (69.55%), Manganese: 0.95mg (47.69%), Vitamin B1: 0.58mg (38.96%), Phosphorus: 323.64mg (32.36%), Iron: 5.66mg (31.42%), Potassium: 866.48mg (24.76%), Vitamin B6: 0.49mg (24.44%), Magnesium: 92.74mg (23.19%), Vitamin K: 24.3µg (23.14%), Copper: 0.43mg (21.42%), Zinc: 3.19mg (21.3%), Vitamin C: 15.59mg (18.9%), Vitamin B5: 1.54mg (15.4%), Vitamin B2: 0.22mg (12.74%), Vitamin B3: 2.2mg (11.02%), Selenium: 6.23µg (8.9%), Calcium: 85.48mg (8.55%), Vitamin E: 0.93mg (6.19%), Vitamin D: 0.48µg (3.17%)