



WHATSheATE



Crema de Lentejas (Pureed Lentil Soup)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



237 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup carrots chopped
- ☐ 0.3 teaspoon cumin powder
- ☐ 1.3 cup lentils dried
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 6 servings heavy cream for garnish
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 cup potatoes diced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup scallions chopped
- ☐ 0.5 cup tomatoes chopped
- ☐ 5 cups vegetable broth
- ☐ 1 teaspoon vegetable oil

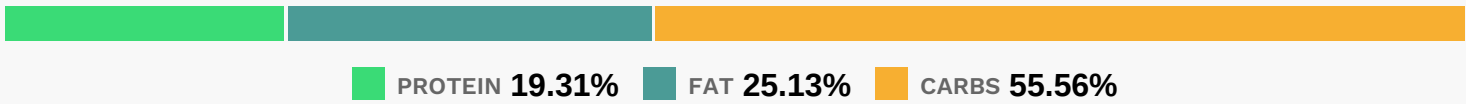
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Add the oil, 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 minute more.
- ☐ Add the lentils and water, bring to a boil. Then reduce the heat to medium low, cover and cook until the lentils become tender about 30 minutes.
- ☐ Add the potatoes and cilantro, cook for 15 minutes until the potatoes are fully cooked and fork tender.Using a blender, puree the soup in batches until smooth. Return the soup to the pot.
- ☐ Add more broth if needed to reach the desired consistency.Ladle into soup bowls and top with cream, if using, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.03, Glycemic Load:7.14, Inflammation Score:-9, Nutrition Score:17.236956587304%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 236.67kcal (11.83%), Fat: 6.7g (10.31%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 19.93g (7.25%), Sugar: 4.55g (5.06%), Cholesterol: 16.95mg (5.65%), Sodium: 994.11mg (43.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.18%), Fiber: 13.41g (53.65%), Vitamin A: 2591.34IU (51.83%), Folate: 204.21µg (51.05%), Manganese: 0.63mg (31.75%), Vitamin B1: 0.39mg (25.86%), Phosphorus: 212.57mg (21.26%), Iron: 3.4mg (18.88%), Potassium: 569.79mg (16.28%), Vitamin B6: 0.32mg (16.15%), Vitamin K: 15.82µg (15.07%), Magnesium: 59.3mg (14.82%), Zinc: 2.1mg (13.98%), Copper: 0.25mg (12.64%), Vitamin C: 9.6mg (11.63%), Vitamin B5: 1.01mg (10.11%), Vitamin B2: 0.13mg (7.93%), Vitamin B3: 1.46mg (7.31%), Selenium: 4.01µg (5.72%), Calcium: 47.49mg (4.75%), Vitamin E: 0.57mg (3.78%), Vitamin D: 0.24µg (1.6%)