



Curried carrot & lentil soup



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



84 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tsp curry powder
- ☐ 1 tsp ground coriander
- ☐ 0.5 tsp ground cumin
- ☐ 2 carrots diced grated
- ☐ 1 leek washed and thinly sliced well
- ☐ 2 garlic clove chopped
- ☐ 1 vegetable cube reduced-salt
- ☐ 3 tbsp cilantro leaves chopped

- ☐ 2 tbsp yogurt 0%
- ☐ 390 g frangelico canned
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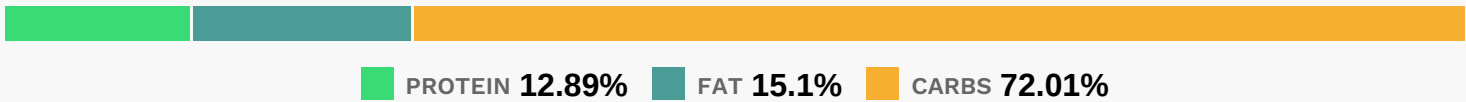
Equipment

- ☐ frying pan
- ☐ immersion blender

Directions

- ☐ Tip the spices into the pan and briefly heat to toast them.
- ☐ Pour in 800ml water and pile in the carrots, leek and garlic. Crumble in the stock cube, then cover and cook over a high heat for 10 mins.
- ☐ Tip in the lentils with their liquid and most of the chopped coriander, then cover and cook for 5 mins more. Blitz the soup with a hand blender to part-pure it.
- ☐ Serve topped with the remaining coriander and the yogurt, if you like. Will keep in the fridge for 3 days.

Nutrition Facts



Properties

Glycemic Index:75.42, Glycemic Load:4, Inflammation Score:-10, Nutrition Score:12.661739157594%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 83.97kcal (4.2%), Fat: 1.52g (2.33%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 12.89g (4.69%), Sugar: 6.25g (6.94%), Cholesterol: 1.2mg (0.4%), Sodium: 407.45mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Vitamin A: 10999.64IU (219.99%), Vitamin K: 31.94µg (30.42%), Manganese: 0.43mg (21.57%), Fiber: 3.39g (13.56%), Vitamin C: 10.54mg (12.77%), Vitamin B6: 0.25mg (12.47%), Folate: 44.32µg (11.08%), Iron: 1.97mg (10.94%), Potassium: 373.03mg (10.66%), Calcium:

104.63mg (10.46%), Phosphorus: 80.27mg (8.03%), Magnesium: 31.43mg (7.86%), Vitamin E: 1.07mg (7.15%),
Vitamin B2: 0.1mg (6.05%), Vitamin B1: 0.09mg (6%), Copper: 0.12mg (5.75%), Vitamin B3: 0.9mg (4.52%), Vitamin
B5: 0.37mg (3.68%), Zinc: 0.52mg (3.48%), Selenium: 2.03µg (2.9%), Vitamin B12: 0.11µg (1.87%)