



Curried Lentil Soup



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 15 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 1 medium carrots finely chopped
- ☐ 2 tablespoons curry powder ()
- ☐ 1 cup green lentils french
- ☐ 2 large garlic clove divided chopped
- ☐ 2 spring onion thinly sliced cut into 6 wedges
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 3 tablespoons olive oil divided
- ☐ 1 medium onion chopped
- ☐ 4.3 cups water divided ()

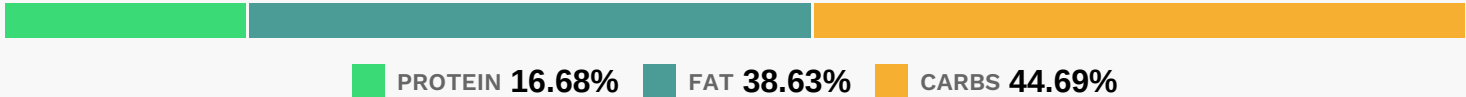
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat 1 tablespoon olive oil in heavy large pot over medium heat.
- ☐ Add onion and carrot; sprinkle with salt and pepper. Cook until onion is translucent, stirring occasionally, about 4 minutes.
- ☐ Add half of chopped garlic; stir until vegetables are soft but not brown, about 4 minutes longer.
- ☐ Add 2 tablespoons curry powder; stir until fragrant, about 1 minute.
- ☐ Add lentils and 4 cups water.
- ☐ Sprinkle with salt and pepper. Increase heat and bring to boil. Reduce heat to medium; simmer until lentils are tender, about 30 minutes.
- ☐ Meanwhile, puree chickpeas, lemon juice, 1/4 cup water, remaining 2 tablespoons olive oil, and remaining garlic in processor.
- ☐ Add chickpea puree and butter to lentil soup. Season to taste with salt, pepper, and additional curry powder, if desired.
- ☐ Add water by 1/4 cupfuls to thin to desired consistency. DO AHEAD: soup can be made up to 1 day ahead. Cool, cover, and refrigerate. Rewarm before continuing.
- ☐ Divide soup among bowls.
- ☐ Sprinkle with thinly sliced green onions and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:5.81, Inflammation Score:-9, Nutrition Score:18.647826106652%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 291.99kcal (14.6%), Fat: 12.84g (19.76%), Saturated Fat: 3.62g (22.61%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 19.16g (6.97%), Sugar: 2.13g (2.37%), Cholesterol: 10.03mg (3.34%), Sodium: 247.1mg (10.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Manganese: 1.15mg (57.64%), Fiber: 14.27g (57.09%), Folate: 182.72µg (45.68%), Vitamin A: 1898.38IU (37.97%), Vitamin B6: 0.58mg (29.16%), Iron: 4.06mg (22.58%), Phosphorus: 221.2mg (22.12%), Vitamin B1: 0.33mg (21.82%), Magnesium: 69.28mg (17.32%), Vitamin K: 17.85µg (17%), Copper: 0.34mg (16.8%), Potassium: 516.63mg (14.76%), Zinc: 2.2mg (14.7%), Vitamin E: 1.81mg (12.07%), Vitamin B5: 0.96mg (9.64%), Calcium: 70.92mg (7.09%), Vitamin C: 5.69mg (6.9%), Selenium: 4.73µg (6.76%), Vitamin B2: 0.1mg (5.93%), Vitamin B3: 1.15mg (5.74%)