

Curried Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



116 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1.3 teaspoons curry powder
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.8 cup lentils
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt

☐ 7 cups water

Equipment

☐ frying pan

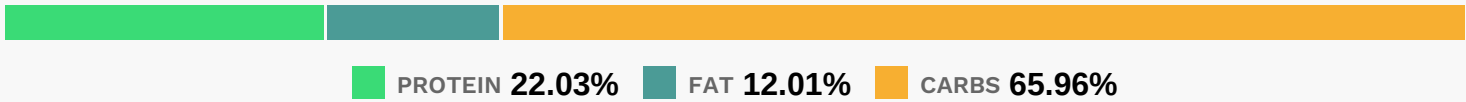
☐ blender

☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion; saut 4 minutes.
- ☐ Add curry; saut 1 minute.
- ☐ Add water and lentils; bring to a boil. Cover; reduce heat. Simmer 40 minutes or until lentils are tender.
- ☐ Place 4 cups lentil mixture in a blender; process until smooth. Return mixture to pan.
- ☐ Add chopped basil, vinegar, salt, and tomatoes; cook until thoroughly heated.
- ☐ Garnish with basil, if desired.
- ☐ Note: We particularly liked this soup made with red lentils. However, they're smaller, cook in a much shorter time, and need less liquid, so adjust accordingly.

Nutrition Facts



Properties

Glycemic Index:30.66, Glycemic Load:3.57, Inflammation Score:-5, Nutrition Score:10.103913089503%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 115.97kcal (5.8%), Fat: 1.6g (2.46%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 11.87g (4.32%), Sugar: 4.67g (5.18%), Cholesterol: 0mg (0%), Sodium: 258.88mg (11.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Fiber: 7.91g (31.63%), Folate: 111.45µg (27.86%), Manganese: 0.44mg (21.94%), Vitamin B1: 0.24mg (15.68%), Iron: 2.53mg (14.04%), Copper: 0.27mg (13.37%), Phosphorus: 120.63mg (12.06%), Potassium: 414.25mg (11.84%), Vitamin B6: 0.23mg (11.58%), Magnesium: 43.32mg (10.83%), Vitamin C: 8.14mg (9.87%), Zinc: 1.23mg (8.18%), Vitamin K: 7.65µg (7.28%), Vitamin E: 1.09mg (7.25%), Vitamin B3: 1.3mg (6.49%), Vitamin B5: 0.63mg (6.33%), Vitamin B2: 0.08mg (4.8%), Calcium: 47.91mg (4.79%), Vitamin A: 168.4IU (3.37%), Selenium: 2.24µg (3.2%)