



Curried Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



95 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 13.6 oz coconut milk canned
- ☐ 1 large carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 25 servings cilantro leaves chopped
- ☐ 2 tablespoons curry powder
- ☐ 1.5 cups lentils dried washed and picked over
- ☐ 3 cloves garlic minced
- ☐ 1 large onion finely chopped

- ☐ 25 servings salt and pepper
- ☐ 6 cups vegetable broth low-sodium
- ☐ 2 tablespoons vegetable oil

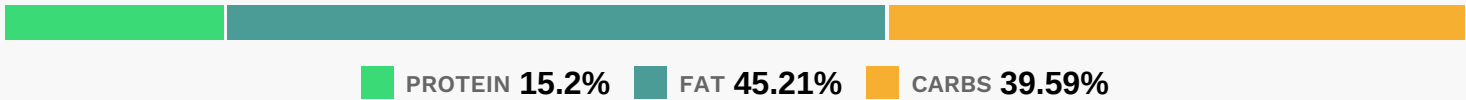
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ In a large pan, warm oil over medium heat. Cook onion, carrot and celery, stirring often, until softened, about 8minutes.
- ☐ Add garlic; saut for 1 to 2 minutes longer.
- ☐ Add curry powder; saut for 2 minutes longer.
- ☐ Stir in broth, lentils, 2 tsp. salt and 1/2 tsp. pepper. Bring to a boil over high heat, cover pot, reduce heat to medium-low and simmer until lentils are very soft, about 40 minutes.
- ☐ Remove from heat and let cool slightly. Working in batches, puree half of soup in a blender until nearly smooth. Return pureed soup to pan. Stir in coconut milk and reheat gently over medium-low heat, stirring occasionally; do not boil. Season with salt and pepper. Ladle into bowls and sprinkle with chopped cilantro just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:5.5291304588318%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 95.28kcal (4.76%), Fat: 4.96g (7.64%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 5.31g (1.93%), Sugar: 1.42g (1.58%), Cholesterol: 0mg (0%), Sodium: 200.66mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Fiber: 4.47g (17.89%), Manganese: 0.34mg (16.78%), Folate: 60.72µg (15.18%), Vitamin A: 504.44IU (10.09%), Vitamin B1: 0.11mg (7.44%), Phosphorus: 72.78mg (7.28%), Iron: 1.3mg (7.21%), Magnesium: 22.22mg (5.56%), Copper: 0.11mg (5.52%), Potassium: 182.12mg (5.2%), Zinc: 0.7mg (4.65%), Vitamin B6: 0.09mg (4.49%), Vitamin K: 4.26µg (4.06%), Selenium: 2.09µg (2.98%), Vitamin B5: 0.3mg (2.97%), Vitamin B3: 0.48mg (2.39%), Vitamin C: 1.8mg (2.18%), Vitamin E: 0.3mg (2.01%), Vitamin B2: 0.03mg (1.79%), Calcium: 15.02mg (1.5%)