



Curried Lentil Soup with Yogurt and Cilantro

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach fresh
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 16 ounce lentils steamed
- ☐ 1.5 tablespoons curry powder
- ☐ 0.3 cup cilantro leaves fresh divided chopped
- ☐ 1 tablespoon ginger fresh minced peeled

- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 3 cups beef broth fat-free
- ☐ 1 cup onion
- ☐ 0.3 cup greek yogurt plain 2% reduced-fat

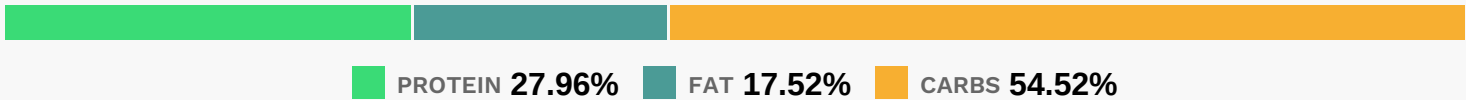
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat a medium saucepan over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add garlic and ginger; saut 1 minute.
- ☐ Add curry powder and red pepper; cook 30 seconds, stirring constantly.
- ☐ Add broth, vinegar, and lentils. Increase heat to high; bring to a boil. Reduce heat; simmer 5 minutes.
- ☐ Place half of lentil mixture in a blender.
- ☐ Remove center piece of blender lid; secure lid on blender.
- ☐ Place a clean towel over opening in lid. Blend until smooth.
- ☐ Add blended mixture, spinach, salt, and pepper to pan; stir until spinach wilts. Stir in 2 tablespoons cilantro.
- ☐ Serve with yogurt and remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:71.17, Glycemic Load:5.8, Inflammation Score:-9, Nutrition Score:21.195217526477%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 218.52kcal (10.93%), Fat: 4.43g (6.81%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 31.02g (10.34%), Net Carbohydrates: 20.15g (7.33%), Sugar: 5.23g (5.82%), Cholesterol: 0.63mg (0.21%), Sodium: 499.18mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.81%), Vitamin K: 82.67µg (78.73%), Folate: 247.25µg (61.81%), Manganese: 0.91mg (45.55%), Fiber: 10.87g (43.48%), Vitamin A: 1533.46IU (30.67%), Potassium: 1003.04mg (28.66%), Iron: 5.06mg (28.14%), Phosphorus: 253.57mg (25.36%), Copper: 0.36mg (17.8%), Vitamin B6: 0.34mg (17.2%), Magnesium: 66.31mg (16.58%), Vitamin B1: 0.24mg (15.71%), Vitamin C: 10.16mg (12.32%), Zinc: 1.79mg (11.92%), Vitamin E: 1.6mg (10.65%), Vitamin B2: 0.17mg (9.92%), Vitamin B5: 0.85mg (8.47%), Selenium: 5.46µg (7.81%), Calcium: 77.15mg (7.72%), Vitamin B3: 1.51mg (7.53%), Vitamin B12: 0.09µg (1.46%)