



Curried Lentil-Tomato Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 2 teaspoons curry powder
- ☐ 1 cup lentils dried
- ☐ 2 tablespoons sherry dry
- ☐ 4 garlic clove finely chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 cup half and half
- ☐ 3 cups beef broth fat-free
- ☐ 29 ounce no salt added diced tomatoes undrained canned
- ☐ 1.5 cups onion sweet chopped (1 onion)
- ☐ 4 slices bacon

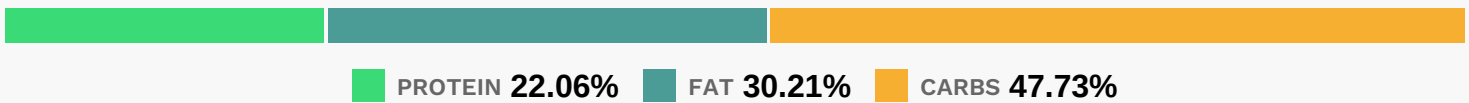
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add onion and garlic to drippings in pan; saut 3 minutes.
- ☐ Transfer onion mixture to a 4-quart electric slow cooker. Stir in broth and next 7 ingredients (through tomatoes). Cover and cook on LOW for 8 hours.
- ☐ Stir in half-and-half and sherry. Ladle soup into bowls; sprinkle with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:26.41, Glycemic Load:2.92, Inflammation Score:-9, Nutrition Score:19.436956447104%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg
Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.51mg, Kaempferol: 0.51mg,
Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin:
0.49mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg Gallocatechin: 0.04mg,
Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 259.69kcal (12.98%), Fat: 8.84g (13.6%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 31.42g (10.47%),
Net Carbohydrates: 19.16g (6.97%), Sugar: 7.46g (8.29%), Cholesterol: 16.74mg (5.58%), Sodium: 363.3mg (15.8%),
Alcohol: 0.51g (100%), Alcohol %: 0.17% (100%), Protein: 14.52g (29.04%), Fiber: 12.25g (49.02%), Folate: 180.27µg
(45.07%), Vitamin A: 2076.83IU (41.54%), Manganese: 0.73mg (36.26%), Potassium: 986.9mg (28.2%), Vitamin B1:
0.42mg (27.92%), Vitamin B6: 0.48mg (24.15%), Iron: 4.25mg (23.61%), Phosphorus: 233.81mg (23.38%), Vitamin C:
17.85mg (21.63%), Magnesium: 66.79mg (16.7%), Copper: 0.31mg (15.57%), Zinc: 2.13mg (14.17%), Vitamin B3: 2.67mg
(13.33%), Vitamin B2: 0.22mg (12.82%), Vitamin B5: 1.09mg (10.9%), Calcium: 105.88mg (10.59%), Selenium: 7.13µg
(10.18%), Vitamin K: 10.58µg (10.07%), Vitamin E: 1.45mg (9.69%), Vitamin B12: 0.11µg (1.86%)