



Curried Pumpkin Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



233 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 apples diced whole
- ☐ 1 cup pumpkin pure canned
- ☐ 1 tsp cinnamon
- ☐ 1 tbsp mild curry powder
- ☐ 1 tsp garam masala
- ☐ 1 onion diced sweet whole
- ☐ 2 tbsp pomegranate molasses
- ☐ 0.5 cup lentils red

- ☐ 3 cups vegetable broth
- ☐ 2 garlic cloves whole minced

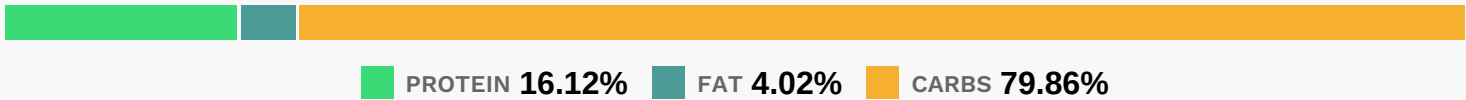
Equipment

- ☐ pot

Directions

- ☐ Line a medium pot with a thin layer of water.
- ☐ Add onions and cook over med-high heat for 2 minutes.
- ☐ Add garlic, then continue to cook until onions are translucent and all of the water has been absorbed.
- ☐ Add broth, lentils and apple and bring to a boil. Once boiling, cover and reduce heat to medium. Continue to cook until lentils are orange and soft, about 7-10 minutes. Stir in pumpkin and spices. Reduce heat to low and cook another 5 minutes, stirring to incorporate all ingredients.
- ☐ Add salt, pepper and cayenne pepper to taste.
- ☐ Drizzle with pomegranate molasses before serving.
- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber13gSugars12gProtein14g

Nutrition Facts



Properties

Glycemic Index:56.2, Glycemic Load:6.73, Inflammation Score:-10, Nutrition Score:20.267391184102%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 232.91kcal (11.65%), Fat: 1.08g (1.66%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 33.39g (12.14%), Sugar: 17.93g (19.92%), Cholesterol: 0mg (0%), Sodium: 949.93mg (41.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.5%), Vitamin A: 13278.97IU (265.58%), Fiber: 14.92g (59.69%), Manganese: 0.86mg (43.2%), Folate: 165.63µg (41.41%), Iron: 4.27mg (23.75%), Vitamin B1: 0.32mg (21.21%), Phosphorus: 192.13mg (19.21%), Potassium: 617.34mg (17.64%), Vitamin K: 18.45µg (17.57%), Magnesium: 68.44mg (17.11%), Vitamin B6: 0.33mg (16.35%), Copper: 0.3mg (14.99%), Vitamin C: 11.15mg (13.52%), Zinc: 1.78mg (11.89%), Vitamin E: 1.61mg (10.75%), Vitamin B5: 1.07mg (10.66%), Vitamin B2: 0.14mg (8.33%), Calcium: 72.45mg (7.24%), Vitamin B3: 1.28mg (6.39%), Selenium: 3.67µg (5.24%)