



250 SIMPLE
RECIPES AND



HEALTH SCORE

100%

Nava
Atlas

Curried Red Lentil and Spinach Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoons curry powder
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 1 tablespoon olive oil light
- ☐ 1 large onion finely chopped
- ☐ 1.5 cups lentils red rinsed
- ☐ 6 servings salt to taste

Equipment

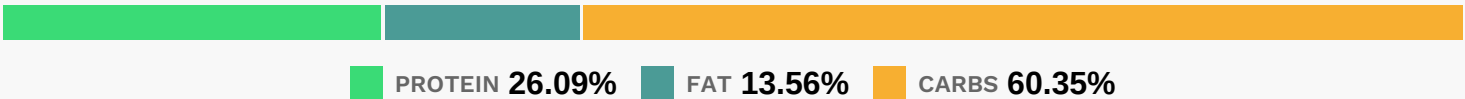
- ☐ pot

Directions

- ☐ Heat the oil in a soup pot.
- ☐ Add the onion and sauté over medium heat until golden.
- ☐ Add the lentils and 6 cups water and bring to a simmer. Stir in 1 teaspoon curry powder, cover, and simmer very gently for 35 to 40 minutes.
- ☐ When the lentils are mushy, stir in the spinach and check the consistency. If the soup is too thick, add about 4 cup water. Season with salt and additional curry powder, if desired.
- ☐ Simmer for another 5 minutes. If time allows, let the soup stand off the heat for an hour or so to develop flavor.
- ☐ Heat through as needed before serving.
- ☐ Menu
- ☐ Curried Red Lentil and Spinach Soup (this page)
- ☐ Fresh pita bread
- ☐ Cranberry Slaw (page 3
- ☐ Red Cabbage, Carrot, and Apricot Salad (page 3
- ☐ Baked or microwaved potatoes
- ☐ nutrition information
- ☐ Calories: 100
- ☐ Total Fat: 2g
- ☐ Protein: 5g
- ☐ Carbohydrate: 14g
- ☐ Cholesterol: 0mg
- ☐ Sodium: 43mg
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Vegetarian 5-Ingredient Gourmet by Nava Atlas. Copyright (c) 2001 by Nava Atlas. Published by Broadway Books. Nava Atlas is the author of nine cookbooks, including The Vegetarian Family Cookbook, The Vegetarian 5-Ingredient Gourmet, and Vegetarian Soups for All Seasons. She lives in the Hudson Valley region of New York with her husband and two

teenage sons (all vegans).

Nutrition Facts



Properties

Glycemic Index:9.43, Glycemic Load:3.79, Inflammation Score:-10, Nutrition Score:27.116956544959%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 204.26kcal (10.21%), Fat: 3.15g (4.85%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 15.92g (5.79%), Sugar: 2.29g (2.54%), Cholesterol: 0mg (0%), Sodium: 232.67mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.28%), Vitamin K: 179.85µg (171.29%), Vitamin A: 5561.78IU (111.24%), Folate: 289.32µg (72.33%), Fiber: 15.63g (62.52%), Manganese: 0.98mg (48.91%), Vitamin B1: 0.45mg (29.97%), Iron: 4.45mg (24.73%), Phosphorus: 234.52mg (23.45%), Magnesium: 93.69mg (23.42%), Potassium: 634.94mg (18.14%), Vitamin B6: 0.36mg (17.91%), Zinc: 2.47mg (16.48%), Copper: 0.31mg (15.71%), Vitamin E: 2.01mg (13.37%), Vitamin B2: 0.21mg (12.26%), Vitamin B5: 1.04mg (10.38%), Selenium: 6.75µg (9.65%), Calcium: 93.64mg (9.36%), Vitamin C: 6.47mg (7.84%), Vitamin B3: 1.45mg (7.26%)