

Deception Pass Curried Lentil Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots chopped
- 1 celery stalk chopped
- 1.5 tablespoons mild curry paste
- 0.5 cup cilantro leaves fresh chopped
- 1 pinch ground pepper black to taste
- 0.5 pound lentils
- 2 tablespoons olive oil
- 1 small bell pepper red chopped

- 1 small onion red chopped
- 0.5 teaspoon pepper flakes red
- 0.8 cup spaghetti sauce
- 2 cubes vegetable bouillon
- 3 cups water

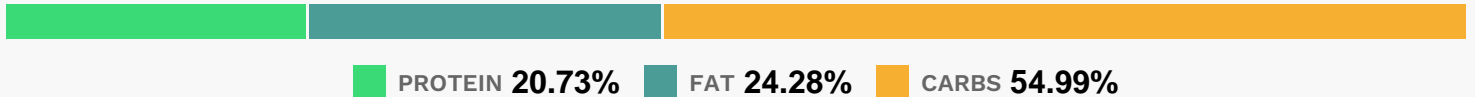
Equipment

- pot

Directions

- Heat olive oil and curry paste in a large pot over medium heat; cook and stir onion, carrot, celery, red bell pepper, and red pepper flakes until onion is softened and translucent, 5 to 10 minutes. Break the bouillon cubes into onion mixture; add lentils and stir.
- Pour enough water into the pot, so the water line is 1 inch above the lentil and onion mixture; bring to a boil, reduce heat to low, and simmer until lentils are fully cooked, about 40 minutes. Stir spaghetti sauce into the soup and simmer 5 minutes. Stir cilantro and black pepper into soup right before serving.

Nutrition Facts



Properties

Glycemic Index:79.11, Glycemic Load:6.21, Inflammation Score:-10, Nutrition Score:26.711739498636%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg

Nutrients (% of daily need)

Calories: 302.98kcal (15.15%), Fat: 8.32g (12.8%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 42.4g (14.13%), Net Carbohydrates: 22.76g (8.28%), Sugar: 5.9g (6.56%), Cholesterol: 0mg (0%), Sodium: 250.45mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.98g (31.95%), Vitamin A: 4449.19IU (88.98%), Fiber: 19.64g (78.55%), Folate: 294.03µg (73.51%), Manganese: 0.9mg (44.91%), Vitamin C: 33.37mg (40.45%), Vitamin B1: 0.54mg (36.06%), Phosphorus: 288.23mg (28.82%), Iron: 5.17mg (28.71%), Potassium: 824.19mg (23.55%), Vitamin B6: 0.47mg (23.41%), Magnesium: 85.68mg (21.42%), Copper: 0.4mg (20.2%), Zinc: 2.98mg (19.87%), Vitamin K: 18.16µg (17.3%), Vitamin E: 2.49mg (16.63%), Vitamin B5: 1.51mg (15.06%), Vitamin B3: 2.35mg (11.75%), Vitamin B2: 0.19mg (11.04%), Selenium: 5.23µg (7.47%), Calcium: 66.78mg (6.68%)