



HEALTH SCORE

64%

Easy Spinach Lentil Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 strips bacon chopped



1 bay leaf



1 cup carrots shredded



6 cups chicken broth



16 ounces lentils dried rinsed



1 teaspoon rosemary dried



1 teaspoon ground cumin



6 servings salt and ground pepper black to taste

- ☐ 1 teaspoon olive oil
- ☐ 1 large onion chopped
- ☐ 1 cup potatoes cubed
- ☐ 1 cup salsa
- ☐ 10 ounce pkt spinach fresh
- ☐ 3 cups water

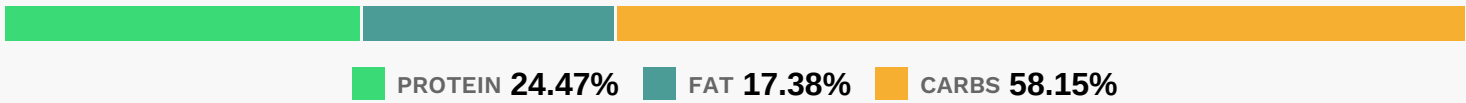
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Place bacon in a large skillet or Dutch oven and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Stir in carrot, onion, and olive oil cooking until tender, about 5 minutes.
- ☐ Cover bacon mixture with chicken broth, water, and salsa; mix in lentils, bay leaf, cumin, rosemary, salt, and pepper. Bring to a boil over high heat; reduce heat to low, cover, and simmer until lentils are tender, 40 to 50 minutes. Stir in spinach and potatoes; simmer until spinach is wilted and potatoes are cooked, 10 to 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:53.53, Glycemic Load:11.41, Inflammation Score:-10, Nutrition Score:41.806086763092%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg Galliccatechin: 0.11mg, Galliccatechin: 0.11mg, Galliccatechin: 0.11mg, Galliccatechin: 0.11mg

Nutrients (% of daily need)

Calories: 418.76kcal (20.94%), Fat: 8.24g (12.67%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 62.01g (20.67%), Net Carbohydrates: 35.26g (12.82%), Sugar: 6.75g (7.5%), Cholesterol: 14.38mg (4.79%), Sodium: 1319.41mg (57.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.17%), Vitamin K: 237.98µg (226.65%), Vitamin A: 8249.65IU (164.99%), Folate: 470.05µg (117.51%), Fiber: 26.74g (106.96%), Manganese: 1.73mg (86.49%), Vitamin B1: 0.86mg (57.18%), Iron: 8.02mg (44.57%), Phosphorus: 445.01mg (44.5%), Potassium: 1428.42mg (40.81%), Vitamin B6: 0.78mg (39.03%), Magnesium: 155.91mg (38.98%), Vitamin C: 27.47mg (33.3%), Copper: 0.6mg (30.19%), Zinc: 4.51mg (30.09%), Vitamin B2: 0.44mg (26.17%), Vitamin B3: 4.53mg (22.63%), Vitamin B5: 2.03mg (20.33%), Selenium: 11.3µg (16.14%), Vitamin E: 2.27mg (15.15%), Calcium: 135.82mg (13.58%), Vitamin B12: 0.12µg (2.01%)