

health-score 88%

HEALTH SCORE

Egyptian Lentil Soup

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots quartered
- ☐ 0.3 cube chicken bouillon maggi® such as
- ☐ 4 cloves garlic quartered
- ☐ 0.3 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 1 small onion quartered
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 1 cup lentils red

- ☐ 1 roma tomato quartered
- ☐ 0.5 teaspoon sea salt
- ☐ 1 cup water

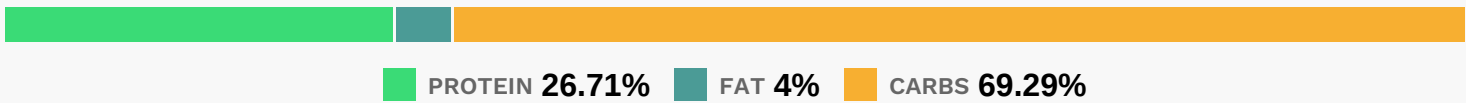
Equipment

- ☐ pot
- ☐ immersion blender

Directions

- ☐ Place 3 cups water, lentils, tomato, carrot, onion, garlic, and chicken bouillon in a stockpot over medium heat; cook until vegetables and lentils are softened, 20 to 25 minutes.
- ☐ Remove from heat and cool to lukewarm.
- ☐ Blend vegetable and lentil mixture with an immersion blender until smooth. Stir 1 cup water, cumin, sea salt, pepper, and coriander into soup; heat over medium heat until warmed.

Nutrition Facts



Properties

Glycemic Index:50.86, Glycemic Load:4.61, Inflammation Score:-9, Nutrition Score:18.195217547209%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

Nutrients (% of daily need)

Calories: 184.12kcal (9.21%), Fat: 0.83g (1.28%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 17.48g (6.36%), Sugar: 2.84g (3.16%), Cholesterol: 0mg (0%), Sodium: 310.87mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.98%), Fiber: 14.92g (59.68%), Folate: 224.33µg (56.08%), Vitamin A: 2709.02IU (54.18%), Manganese: 0.78mg (38.95%), Vitamin B1: 0.43mg (28.64%), Iron: 4.28mg (23.77%), Phosphorus: 227.57mg (22.76%), Vitamin B6: 0.34mg (16.99%), Magnesium: 66.04mg (16.51%), Potassium:

575.72mg (16.45%), Zinc: 2.34mg (15.61%), Copper: 0.29mg (14.41%), Vitamin B5: 1.06mg (10.61%), Vitamin C: 7.34mg (8.89%), Vitamin B3: 1.51mg (7.53%), Vitamin B2: 0.12mg (6.99%), Selenium: 4.36µg (6.23%), Vitamin K: 6.07µg (5.78%), Calcium: 54.5mg (5.45%), Vitamin E: 0.45mg (2.98%)