



Fleuri's Curry Lentil Soup

 Vegetarian

READY IN



80 min.

SERVINGS



4

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 small carrots peeled finely chopped
- ☐ 1 small chile seeded finely chopped
- ☐ 1.5 cups green lentils
- ☐ 5 cloves garlic grated finely chopped
- ☐ 4 servings naan bread
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 ras el hanout spice mix

- ☐ 4 servings salt
- ☐ 1 large shallots finely chopped
- ☐ 1 bundle farm spinach washed and dried, coarsely chopped trimmed
- ☐ 1 quart vegetable stock-in-a-box
- ☐ 2 cups water

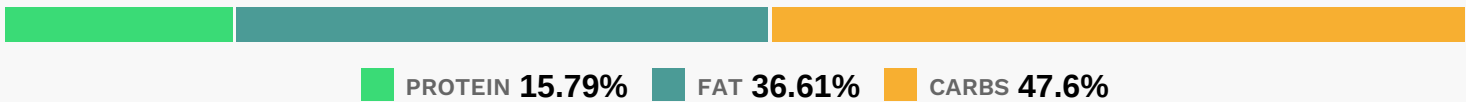
Equipment

- ☐ frying pan
- ☐ pot
- ☐ immersion blender

Directions

- ☐ Heat a soup pot over medium-high heat.
- ☐ Add the extra-virgin olive oil, 4 turns of the pan, the garlic, carrot, chile and shallot and cook until the mixture softens, about 2 to 3 minutes. Stir in the lentils and toss to coat in the oil, season with salt, to taste and curry spices or Ras el hanout.
- ☐ Add the stock and water to the soup and bring to a boil over medium heat. Reduce the heat and simmer until lentils are tender, about 40 minutes. Puree with an immersion blender into a smooth soup. Season with salt, if needed. Cool completely and store in the refrigerator for a make-ahead meal.
- ☐ Reheat the soup over medium heat and stir in the fresh spinach until wilted.
- ☐ Heat the naan on a griddle pan with a few drops of water until crisp and hot on each side, then brush liberally with melted butter.

Nutrition Facts



Properties

Glycemic Index:77.11, Glycemic Load:7.98, Inflammation Score:-10, Nutrition Score:28.185651994918%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 550.23kcal (27.51%), Fat: 22.52g (34.64%), Saturated Fat: 6.09g (38.06%), Carbohydrates: 65.88g (21.96%), Net Carbohydrates: 42.41g (15.42%), Sugar: 6.21g (6.9%), Cholesterol: 17.53mg (5.84%), Sodium: 1418.74mg (61.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.86g (43.72%), Fiber: 23.47g (93.89%), Folate: 353.96µg (88.49%), Vitamin A: 2934.83IU (58.7%), Manganese: 1.11mg (55.26%), Vitamin B1: 0.66mg (43.84%), Phosphorus: 345.96mg (34.6%), Iron: 5.99mg (33.28%), Vitamin B6: 0.54mg (26.85%), Vitamin C: 21.82mg (26.45%), Magnesium: 97.05mg (24.26%), Zinc: 3.6mg (24.02%), Potassium: 809.29mg (23.12%), Copper: 0.43mg (21.65%), Vitamin K: 19.87µg (18.93%), Vitamin E: 2.72mg (18.14%), Vitamin B5: 1.65mg (16.5%), Vitamin B3: 2.21mg (11.03%), Vitamin B2: 0.18mg (10.57%), Selenium: 6.75µg (9.64%), Calcium: 88.52mg (8.85%)