



French Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



70 min.

SERVINGS



6

CALORIES



256 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery stalks plus celery leaves chopped for garnish
- ☐ 2 garlic cloves chopped
- ☐ 1.3 cups lentils rinsed drained
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 cups onions chopped
- ☐ 4 cups vegetable broth ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Heat oil in heavy large saucepan over medium–high heat.
- ☐ Add onions, celery, carrots, and garlic; sauté until vegetables begin to brown, about 15 minutes.
- ☐ Add 4 cups broth, lentils, and tomatoes with juice and bring to boil. Reduce heat to medium–low, cover, and simmer until lentils are tender, about 35 minutes.
- ☐ Transfer 2 cups soup (mostly solids) to blender and puree until smooth. Return puree to soup in pan; thin soup with more broth by 1/4 cupfuls, if too thick. Season with salt, pepper, and a splash of vinegar, if desired. Ladle soup into bowls.
- ☐ Garnish with celery leaves.

Nutrition Facts



Properties

Glycemic Index:34.24, Glycemic Load:5.76, Inflammation Score:-10, Nutrition Score:20.730434998222%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 256.49kcal (12.82%), Fat: 7.65g (11.77%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 21.95g (7.98%), Sugar: 7.28g (8.09%), Cholesterol: 0mg (0%), Sodium: 757.67mg (32.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Vitamin A: 4070.14IU (81.4%), Fiber: 14.68g (58.72%), Folate: 217.36µg (54.34%), Manganese: 0.72mg (35.91%), Vitamin B1: 0.42mg (28.28%), Phosphorus: 221.92mg (22.19%), Iron: 3.95mg (21.92%), Vitamin B6: 0.41mg (20.52%), Potassium: 704.78mg (20.14%), Vitamin C: 14.17mg (17.18%), Magnesium: 66.33mg (16.58%), Vitamin K: 16.18µg (15.41%), Copper: 0.29mg (14.71%), Zinc: 2.18mg (14.56%), Vitamin E: 1.87mg (12.45%), Vitamin B5: 1.11mg (11.08%), Vitamin B2: 0.16mg (9.39%), Vitamin B3: 1.86mg (9.31%), Calcium: 71.56mg (7.16%), Selenium: 3.89µg (5.55%)