



Ginger and Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 Dashes balsamic vinegar to taste



6 servings pepper black freshly ground to taste



1 pound brown lentils



3 to 4 carrots diced peeled



3 cloves garlic chopped



3 tablespoons ginger root fresh diced grated peeled



2 tablespoons olive oil extra-virgin



1.5 cups onion chopped

- ☐ 6 servings sea salt to taste fine (I didn't need any)
- ☐ 6 cups vegetable stock (vegetable)
- ☐ 3.7 cups water

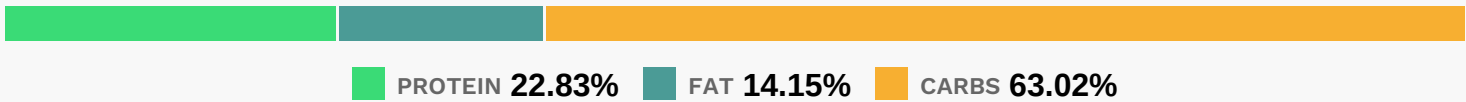
Equipment

- ☐ pot
- ☐ colander

Directions

- ☐ Put the lentils in a colander. Rinse thoroughly under cool running water.In a 6-to-8-quart or larger heavy pot, warm the olive oil over medium heat.
- ☐ Add the onion, garlic and ginger and saute until transparent.
- ☐ Add 2/3 cup water and the diced carrots and simmer aminute. Stir in the lentils, then add the stock and remaining 3 cups of water.Partly cover. Simmer over a low flame, stirring often, 30-40 minutes, until the lentils are cooked and the soup has the consistency of porridge.
- ☐ Remove from heat and cool briefly. Stir in salt, pepper and balsamic vinegar to taste.

Nutrition Facts



Properties

Glycemic Index:45.07, Glycemic Load:8.9, Inflammation Score:-10, Nutrition Score:29.548695688662%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 353.8kcal (17.69%), Fat: 5.62g (8.64%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 56.3g (18.77%), Net Carbohydrates: 31.58g (11.48%), Sugar: 6.77g (7.53%), Cholesterol: 0mg (0%), Sodium: 1169.06mg (50.83%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.8%), Vitamin A: 5626.84IU (112.54%), Fiber: 24.72g (98.87%), Folate: 375.96µg (93.99%), Manganese: 1.15mg (57.36%), Vitamin B1: 0.7mg (46.83%), Phosphorus: 366.9mg (36.69%), Iron: 5.96mg (33.12%), Vitamin B6: 0.52mg (26.14%), Magnesium: 103.41mg (25.85%), Potassium: 900.11mg (25.72%), Zinc: 3.8mg (25.34%), Copper: 0.46mg (22.94%), Vitamin B5: 1.77mg (17.68%), Vitamin B3: 2.35mg (11.77%), Vitamin B2: 0.19mg (11.24%), Vitamin C: 8.73mg (10.58%), Vitamin K: 10.97µg (10.45%), Selenium: 6.75µg (9.64%), Vitamin E: 1.26mg (8.42%), Calcium: 69.87mg (6.99%)