



94%
HEALTH SCORE

Greek Lentil Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



80 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 8 ounces brown lentils
- 1 large carrots chopped
- 1 pinch rosemary dried crushed
- 1 tablespoon garlic minced
- 4 servings salt and ground pepper black to taste
- 0.3 cup olive oil
- 1 teaspoon olive oil to taste

- 1 onion minced
- 1 onions minced
- 1 pinch oregano dried
- 1 teaspoon red wine vinegar to taste
- 4 servings salt and pepper to taste
- 1 tablespoon tomato paste
- 1 quart water

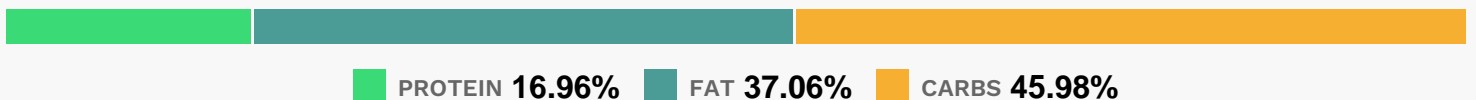
Equipment

- sauce pan
- sieve

Directions

- Place lentils in a large saucepan; cover with 1 inch of water.
- Place over medium-high heat and bring to a boil; cook for 10 minutes, then drain lentils into a strainer.
- Dry saucepan, pour in 1/4 cup olive oil, and place over medium heat.
- Add garlic, onion, and carrot; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Pour in lentils, 1 quart water, oregano, rosemary, and bay leaves. Bring to a boil. Reduce heat to medium-low, cover, and simmer for 10 minutes.
- Stir in tomato paste and season to taste with salt and pepper. Cover and simmer until the lentils have softened, 30 to 40 minutes, stirring occasionally.
- Add additional water if the soup becomes too thick.
- Drizzle with 1 teaspoon olive oil and red wine vinegar to taste.

Nutrition Facts



Properties

Glycemic Index:76.86, Glycemic Load:6.33, Inflammation Score:-10, Nutrition Score:23.45086953951%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg

Nutrients (% of daily need)

Calories: 365.51kcal (18.28%), Fat: 15.27g (23.5%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 23.53g (8.56%), Sugar: 4.85g (5.38%), Cholesterol: 0mg (0%), Sodium: 256.13mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.46%), Fiber: 19.09g (76.38%), Folate: 286.93µg (71.73%), Vitamin A: 3103.36IU (62.07%), Manganese: 0.92mg (46.01%), Vitamin B1: 0.54mg (36%), Phosphorus: 284.87mg (28.49%), Iron: 4.8mg (26.67%), Vitamin B6: 0.44mg (21.81%), Potassium: 732.92mg (20.94%), Magnesium: 82.28mg (20.57%), Zinc: 2.93mg (19.54%), Copper: 0.39mg (19.28%), Vitamin E: 2.67mg (17.83%), Vitamin K: 14.97µg (14.26%), Vitamin B5: 1.35mg (13.49%), Vitamin C: 9.31mg (11.28%), Vitamin B3: 1.86mg (9.3%), Vitamin B2: 0.15mg (9.11%), Selenium: 5.51µg (7.88%), Calcium: 67.3mg (6.73%)