

 100%
HEALTH SCORE

Greek Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



235 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
- ☐ 1 teaspoon olive oil to taste
- ☐ 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

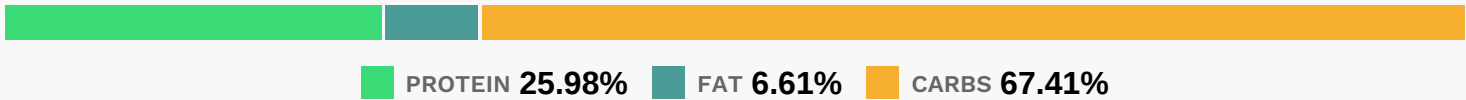
Equipment

- ☐ 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:62.11, Glycemic Load:5.76, Inflammation Score:-10, Nutrition Score:21.798260854638%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 234.92kcal (11.75%), Fat: 1.74g (2.68%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 21.39g (7.78%), Sugar: 3.68g (4.09%), Cholesterol: 0mg (0%), Sodium: 254.74mg (11.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.83%), Fiber: 18.6g (74.4%), Folate: 281.69µg (70.42%), Vitamin A: 3102.26IU (62.05%), Manganese: 0.87mg (43.6%), Vitamin B1: 0.53mg (35.15%), Phosphorus: 276.74mg (27.67%), Iron: 4.66mg (25.87%), Vitamin B6: 0.4mg (20.15%), Magnesium: 79.36mg (19.84%), Potassium: 691.31mg (19.75%), Zinc: 2.88mg (19.22%), Copper: 0.37mg (18.68%), Vitamin B5: 1.31mg (13.14%), Vitamin B3: 1.83mg (9.14%), Vitamin C: 7.27mg (8.82%), Vitamin B2: 0.15mg (8.66%), Selenium: 5.37µg (7.67%), Vitamin K: 6.57µg (6.26%), Calcium: 60.4mg (6.04%), Vitamin E: 0.72mg (4.83%)