

Greek Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



32 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 5 carrots chopped
- ☐ 5 stalks celery chopped
- ☐ 5 cloves garlic chopped
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 teaspoon olive oil to taste
- ☐ 1 onion chopped
- ☐ 1 teaspoon vinegar to taste

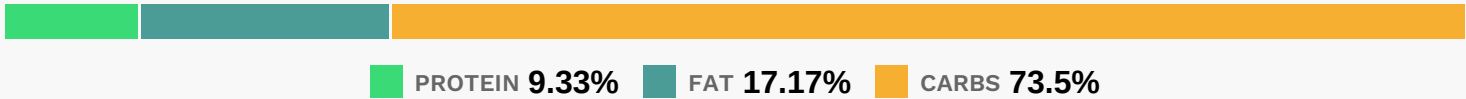
Equipment

☐ pot

Directions

- ☐ Combine onion, carrots, celery, and garlic in a stockpot; add enough water to cover vegetables. Bring mixture to a boil; add oil, bay leaves, salt, and pepper. Reduce heat and simmer vegetables until slightly tender, about 15 minutes.
- ☐ Stir lentils into soup; simmer until lentils are tender, 30 to 45 minutes. Stir in vinegar. Cool soup slightly before serving.

Nutrition Facts



Properties

Glycemic Index:27.23, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:7.566521730112%

Flavonoids

Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 32.29kcal (1.61%), Fat: 0.66g (1.02%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 4.61g (1.68%), Sugar: 2.74g (3.05%), Cholesterol: 0mg (0%), Sodium: 47.22mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin A: 6483.95IU (129.68%), Vitamin K: 12.91µg (12.29%), Manganese: 0.14mg (7.22%), Fiber: 1.77g (7.09%), Potassium: 216.07mg (6.17%), Vitamin C: 4.64mg (5.62%), Vitamin B6: 0.11mg (5.58%), Folate: 18.97µg (4.74%), Calcium: 29.83mg (2.98%), Vitamin B1: 0.04mg (2.71%), Phosphorus: 26.41mg (2.64%), Vitamin E: 0.4mg (2.64%), Vitamin B2: 0.04mg (2.5%), Vitamin B3: 0.49mg (2.43%), Magnesium: 9.38mg (2.34%), Vitamin B5: 0.2mg (1.95%), Copper: 0.04mg (1.92%), Iron: 0.25mg (1.38%), Zinc: 0.17mg (1.14%)