



Hearty Italian Lentil Soup

READY IN



105 min.

SERVINGS



8

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons bread crumbs italian
- ☐ 1 eggs lightly beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 pound ground beef
- ☐ 8 servings ground pepper black to taste
- ☐ 1 cup lentils
- ☐ 0.3 cup parmesan cheese grated for topping
- ☐ 8 servings salt to taste

- ☐ 1 quart tomato sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 quarts water divided
- ☐ 0.7 cup rice long grain white uncooked

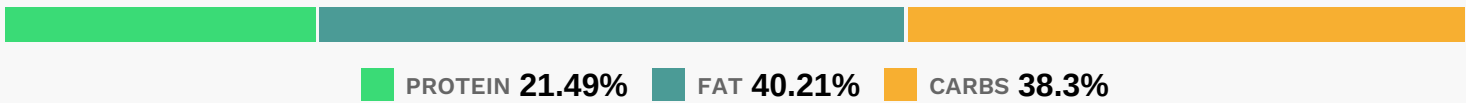
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Place lentils in a pot with 3 cups water. Bring to a boil, reduce heat to low, and cook 20 minutes or until tender.
- ☐ Drain and set aside.
- ☐ Bring rice and 1 1/3 cup water to boil in a pot. Reduce heat, cover, and simmer for 20 minutes.
- ☐ Heat oil in a skillet over medium heat. In a bowl, combine the ground beef, beaten egg, garlic, 1 tablespoon Parmesan cheese, parsley, bread crumbs, salt, and pepper. Form ground beef mixture into 1 inch balls.
- ☐ Place meatballs in skillet and cook 5 minutes or until evenly brown.
- ☐ In a large pot, bring the tomato sauce and 4 cups water to a boil.
- ☐ Transfer the browned meatballs to the pot.
- ☐ Mix in cooked lentils and rice. Return to a boil, reduce heat to medium-low, and simmer for 30 minutes.
- ☐ Sprinkle with remaining Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:28.1, Glycemic Load:11.28, Inflammation Score:-7, Nutrition Score:19.568260804467%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 381.94kcal (19.1%), Fat: 17.12g (26.33%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 27.15g (9.87%), Sugar: 6.47g (7.18%), Cholesterol: 63.44mg (21.15%), Sodium: 886.09mg (38.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.59g (41.17%), Fiber: 9.55g (38.19%), Folate: 137.87µg (34.47%), Manganese: 0.65mg (32.5%), Phosphorus: 281.84mg (28.18%), Zinc: 4.19mg (27.96%), Iron: 4.45mg (24.73%), Vitamin B6: 0.48mg (23.79%), Vitamin B3: 4.71mg (23.55%), Selenium: 16.43µg (23.47%), Potassium: 783.87mg (22.4%), Vitamin B12: 1.3µg (21.74%), Vitamin B1: 0.29mg (19.06%), Copper: 0.36mg (18.2%), Magnesium: 65.4mg (16.35%), Vitamin K: 17.12µg (16.31%), Vitamin B2: 0.26mg (15.38%), Vitamin E: 2.29mg (15.26%), Vitamin B5: 1.42mg (14.22%), Vitamin A: 621.04IU (12.42%), Vitamin C: 10.24mg (12.41%), Calcium: 82.57mg (8.26%), Vitamin D: 0.18µg (1.22%)