



Hearty Lentil Soup

 Gluten Free

READY IN



62 min.

SERVINGS



2

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups chicken broth (from 32-ounce carton)
- 12 ounces chicken broth canned
- 0.5 cup lentils dried rinsed
- 0.5 cup carrots sliced
- 0.5 cup celery stalks chopped
- 0.3 cup onion chopped
- 3 ounces kielbasa smoked fully cooked thinly sliced
- 1 tablespoon basil dried fresh chopped

- 0.1 teaspoon pepper
- 1 small bay leaves dried
- 2 tablespoons parmesan cheese grated

Equipment

- sauce pan

Directions

- Heat broth, beer and lentils to boiling in 2-quart saucepan; reduce heat. Cover and simmer 20 to 25 minutes, stirring occasionally, until lentils are tender but not mushy.
- Stir in remaining ingredients except cheese.
- Heat to boiling; reduce heat. Cover and simmer 20 minutes, stirring occasionally.
- Remove bay leaf.
- Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:95.22, Glycemic Load:5.24, Inflammation Score:-10, Nutrition Score:30.590869299096%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 383.21kcal (19.16%), Fat: 15.2g (23.39%), Saturated Fat: 5.37g (33.57%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 21.61g (7.86%), Sugar: 5.46g (6.06%), Cholesterol: 42.22mg (14.07%), Sodium: 2010.44mg (87.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.62g (47.24%), Vitamin A: 5548.42IU (110.97%), Fiber: 17.08g (68.32%), Folate: 256.35µg (64.09%), Manganese: 1.16mg (58.17%), Vitamin B1: 0.76mg (50.42%),

Vitamin K: 48.68µg (46.36%), Iron: 6.56mg (36.42%), Phosphorus: 351.01mg (35.1%), Vitamin B2: 0.48mg (28.43%), Zinc: 3.9mg (26.03%), Potassium: 893.08mg (25.52%), Magnesium: 93.43mg (23.36%), Vitamin B6: 0.46mg (22.95%), Selenium: 15.18µg (21.69%), Copper: 0.43mg (21.25%), Vitamin B3: 4.12mg (20.62%), Calcium: 163.42mg (16.34%), Vitamin B5: 1.46mg (14.64%), Vitamin B12: 0.57µg (9.42%), Vitamin C: 6.73mg (8.15%), Vitamin E: 0.92mg (6.14%)