



Hearty Lentil Soup



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves
- ☐ 0.3 cup carrots diced
- ☐ 1 teaspoon chili powder
- ☐ 0.5 pound lentils dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 teaspoon mustard dry
- ☐ 2 cloves garlic crushed
- ☐ 1 teaspoon gingerroot grated peeled

- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 cup ham fat-free 96% low-sodium chopped
- ☐ 14.3 ounce no-salt-added chicken broth undiluted canned
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion coarsely chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup nonfat yogurt plain
- ☐ 2 cups potatoes cubed peeled
- ☐ 0.3 teaspoon salt
- ☐ 7 cups water

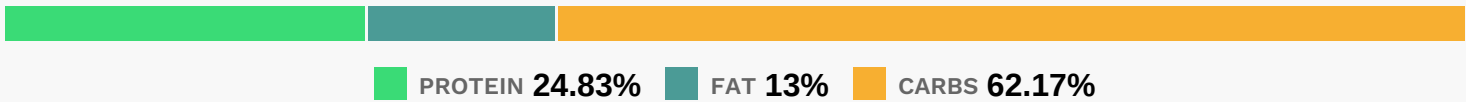
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat until hot.
- ☐ Add lentils, onion, and chili powder; saute 2 minutes or until lentils are golden.
- ☐ Add potato and next 10 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 2 hours, stirring occasionally. Stir in salt and pepper.
- ☐ Remove and discard bay leaves. Ladle soup into individual bowls. Top each serving with 1 tablespoon yogurt.

Nutrition Facts



Properties

Glycemic Index:37.03, Glycemic Load:10.79, Inflammation Score:-8, Nutrition Score:16.88782605788%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 220.44kcal (11.02%), Fat: 3.23g (4.98%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 34.8g (11.6%), Net Carbohydrates: 22.76g (8.28%), Sugar: 3.19g (3.54%), Cholesterol: 6.38mg (2.13%), Sodium: 253.33mg (11.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.8%), Fiber: 12.04g (48.15%), Folate: 172.56µg (43.14%), Manganese: 0.61mg (30.6%), Vitamin B1: 0.42mg (27.68%), Phosphorus: 247.07mg (24.71%), Vitamin B6: 0.46mg (22.8%), Vitamin A: 1124.7IU (22.49%), Potassium: 731.4mg (20.9%), Vitamin C: 15.77mg (19.12%), Iron: 3.43mg (19.07%), Copper: 0.33mg (16.63%), Magnesium: 65.49mg (16.37%), Zinc: 2.23mg (14.86%), Vitamin B3: 2.87mg (14.37%), Vitamin B5: 1.03mg (10.29%), Vitamin B2: 0.16mg (9.57%), Selenium: 6.4µg (9.14%), Calcium: 66.64mg (6.66%), Vitamin K: 5.69µg (5.42%), Vitamin E: 0.46mg (3.06%), Vitamin B12: 0.18µg (2.92%)