



Hearty Lentil Soup II

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



3

CALORIES



313 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 14.5 ounce canned tomatoes diced canned
- 1 carrots chopped
- 1 stalk celery chopped
- 1 green onions fresh chopped
- 1 leek chopped
- 1 parsnips sliced
- 1 potatoes cubed

- 0.5 cup red wine
- 1 dash soya sauce
- 3 cups vegetable broth
- 2.5 tablespoons vegetable oil
- 1 dash worcestershire sauce

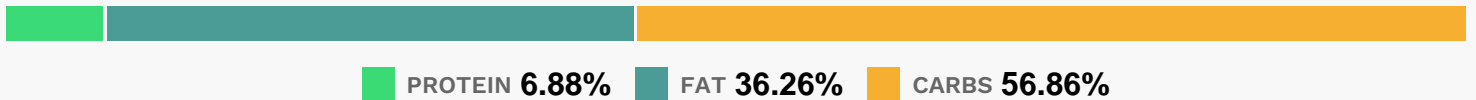
Equipment

- sauce pan

Directions

- In a large saucepan over medium heat, combine the oil, onions, carrot, parsnip, celery, potato and leek. Stir well for 5 minutes, or until onion is translucent.
- Add the lentils, tomatoes with liquid, stock, bay leaves, soy sauce, Worcestershire sauce and wine.
- Bring to a boil and reduce heat to low. Cover and simmer for 30 minutes or until lentils are tender.
- Remove the bay leaves and add the fresh coriander or fresh parsley to taste.

Nutrition Facts



Properties

Glycemic Index:130.53, Glycemic Load:18.86, Inflammation Score:-10, Nutrition Score:24.045217462208%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin:

0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 313.45kcal (15.67%), Fat: 12.11g (18.63%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 42.72g (14.24%), Net Carbohydrates: 34.58g (12.58%), Sugar: 13.74g (15.27%), Cholesterol: 0mg (0%), Sodium: 1186.14mg (51.57%), Alcohol: 4.24g (100%), Alcohol %: 0.88% (100%), Protein: 5.17g (10.34%), Vitamin A: 4792.93IU (95.86%), Vitamin K: 70.06µg (66.72%), Vitamin C: 41.38mg (50.15%), Manganese: 0.9mg (45.03%), Fiber: 8.14g (32.55%), Potassium: 1112.84mg (31.8%), Vitamin B6: 0.6mg (29.78%), Vitamin E: 3.88mg (25.88%), Folate: 94.61µg (23.65%), Copper: 0.45mg (22.4%), Iron: 3.65mg (20.28%), Magnesium: 76.79mg (19.2%), Vitamin B3: 3.27mg (16.37%), Vitamin B1: 0.24mg (16.31%), Phosphorus: 153.09mg (15.31%), Calcium: 110.31mg (11.03%), Vitamin B5: 1.05mg (10.47%), Vitamin B2: 0.16mg (9.7%), Zinc: 1.06mg (7.06%), Selenium: 2.45µg (3.49%)