

 51%  
HEALTH SCORE

## Indian Dhal Shorva – Lentil Soup

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



251 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 small carrots diced finely
- 1 cinnamon sticks
- 10 curry leaves fresh
- 1 small eggplant diced finely
- 1 cup cilantro leaves fresh
- 6 garlic clove minced
- 2 tablespoons ghee
- 1 tablespoon ginger minced

- 1 large to 2 chilies slit whole split green
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 4 juice of lemon
- 1.5 cups lentils red yellow ( or )
- 1 teaspoon mustard seeds
- 1 large onion chopped
- 4 tablespoons yogurt plain
- 1 large potatoes diced peeled
- 8 servings salt
- 2 tomatoes diced finely
- 1.5 teaspoons turmeric
- 8 cups vegetable stock

## Equipment

- sauce pan

## Directions

- In a large saucepan, heat the ghee and add the dhal, mustard seeds, ground coriander, ground cumin, turmeric, cinnamon stick, garlic, minced ginger, curry leaves, onion, and green chilly pepper. Cook over low heat for 5 minutes until the spices are fragrant and deep brown in color and the onion has softened.
- Add the vegetable broth and simmer until the dhal is spft, about 30–45 minutes.
- Remove the cinnamon stick, green chilly pepper and curry leaves. Blend the dhal until smooth with a hand-held electric beater, then return to the saucepan.
- Add the diced vegetables and simmer for a further 20 minutes or until the vegetables are soft.
- Add the lemon juice, salt to taste, and chopped coriander. Stir well and serve with a dollop of yogurt, garnished with a few coriander leaves.

## Nutrition Facts

PROTEIN 17.85% FAT 17.31% CARBS 64.84%

## Properties

Glycemic Index:50.77, Glycemic Load:11.44, Inflammation Score:-10, Nutrition Score:25.869130007923%

## Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 251.27kcal (12.56%), Fat: 5g (7.7%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 42.17g (14.06%), Net Carbohydrates: 27.4g (9.96%), Sugar: 8.1g (9%), Cholesterol: 10.9mg (3.63%), Sodium: 1172.04mg (50.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.21%), Folate: 343.78µg (85.95%), Vitamin B3: 16.5mg (82.52%), Vitamin C: 50.83mg (61.61%), Fiber: 14.77g (59.07%), Manganese: 0.9mg (45.01%), Vitamin A: 2026.24IU (40.52%), Vitamin B1: 0.4mg (26.46%), Potassium: 843.68mg (24.11%), Vitamin B6: 0.47mg (23.73%), Phosphorus: 229.66mg (22.97%), Iron: 3.71mg (20.63%), Magnesium: 73.76mg (18.44%), Copper: 0.33mg (16.38%), Zinc: 2.12mg (14.11%), Vitamin K: 14.38µg (13.69%), Vitamin B5: 1.18mg (11.77%), Vitamin B2: 0.15mg (8.77%), Calcium: 73.07mg (7.31%), Selenium: 4.68µg (6.69%), Vitamin E: 0.68mg (4.56%)