



Indian Sweet Potato and Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons garam masala
- ☐ 6 cloves garlic minced
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 cup lentils
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion minced
- ☐ 2 pinches pepper flakes red
- ☐ 4 cups pkt spinach fresh chopped

- ☐ 2 sweet potatoes peeled cut into 1/2-inch cubes
- ☐ 4 cups vegetable broth

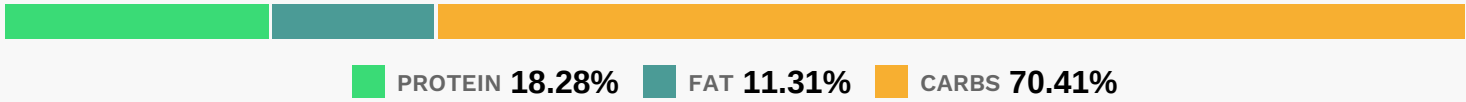
Equipment

- ☐ pot

Directions

- ☐ Heat olive oil in a pot over medium heat. Cook and stir onion and garlic in the hot oil until fragrant, 2 to 4 minutes. Cook and stir red pepper flakes, turmeric, and garam masala into onion mixture until coated, about 2 more minutes.
- ☐ Stir lentils and broth into onion mixture; bring mixture to a boil, reduce heat to low, cover, and cook until lentils are softened but firm to the bite, about 15 minutes.
- ☐ Stir sweet potatoes into lentil mixture; bring to a boil, reduce heat to low, cover, and simmer until sweet potatoes are tender and lentils are fully cooked, about 10 more minutes.
- ☐ Add spinach; cook until wilted, 3 to 5 minutes. Season with salt.

Nutrition Facts



Properties

Glycemic Index:55.4, Glycemic Load:17.4, Inflammation Score:-10, Nutrition Score:32.787826081981%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 341.94kcal (17.1%), Fat: 4.37g (6.72%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 61.18g (20.39%), Net Carbohydrates: 41.55g (15.11%), Sugar: 9.47g (10.52%), Cholesterol: 0mg (0%), Sodium: 1032.5mg (44.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.76%), Vitamin A: 19379.66IU (387.59%), Vitamin K: 151.75µg (144.53%), Fiber: 19.63g (78.53%), Folate: 307.92µg (76.98%), Manganese: 1.34mg (67.15%), Vitamin B1: 0.56mg

(37.16%), Vitamin B6: 0.66mg (33.01%), Potassium: 1086.73mg (31.05%), Phosphorus: 302.87mg (30.29%), Iron: 5.41mg (30.05%), Magnesium: 115.94mg (28.99%), Copper: 0.49mg (24.44%), Vitamin C: 17.5mg (21.21%), Vitamin B5: 2.02mg (20.24%), Zinc: 2.92mg (19.48%), Vitamin B2: 0.24mg (14.3%), Vitamin E: 1.68mg (11.2%), Vitamin B3: 2.19mg (10.95%), Calcium: 107.91mg (10.79%), Selenium: 5.81µg (8.3%)