



Kris' Lentil Sausage Soup



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



247 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 2 carrots sliced
- ☐ 2 stalks celery with leaves, chopped
- ☐ 2 quarts chicken broth
- ☐ 1 clove garlic crushed
- ☐ 1 onion diced
- ☐ 8 servings salt and pepper to taste

- ☐ 1 pound kielbasa sausage sliced
- ☐ 2 tablespoons vegetable oil

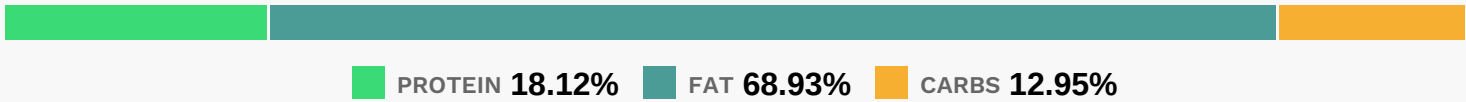
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large stockpot over medium heat. Stir in the onion, carrots, and celery; cook and stir for 2 minutes.
- ☐ Add kielbasa, chicken broth, tomatoes, garlic, lentils, and bay leaves and bring to a boil. Reduce heat and simmer for 2 hours. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.23, Glycemic Load:1.94, Inflammation Score:-9, Nutrition Score:11.543043385381%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 247.42kcal (12.37%), Fat: 19.16g (29.48%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 6.26g (2.27%), Sugar: 4.8g (5.33%), Cholesterol: 45.56mg (15.19%), Sodium: 1521.45mg (66.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.66%), Vitamin A: 2755.96IU (55.12%), Vitamin B3: 4.04mg (20.18%), Vitamin B1: 0.26mg (17.65%), Vitamin B6: 0.3mg (15.16%), Vitamin B2: 0.26mg (15.01%), Vitamin K: 14.3µg (13.62%), Manganese: 0.27mg (13.38%), Potassium: 435.5mg (12.44%), Phosphorus: 115.34mg (11.53%), Zinc: 1.62mg (10.79%), Copper: 0.19mg (9.36%), Vitamin C: 7.64mg (9.26%), Iron: 1.6mg (8.89%), Vitamin B12: 0.53µg (8.82%), Vitamin E: 1.28mg (8.5%), Fiber: 1.85g (7.38%), Vitamin B5: 0.63mg (6.35%), Magnesium: 25.37mg (6.34%), Vitamin D: 0.74µg (4.91%), Calcium: 45.84mg (4.58%), Folate: 16.64µg (4.16%), Selenium: 1.44µg (2.06%)