



Kris' Lentil Sausage Soup



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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 pound lentils dry rinsed
- ☐ 1 onion diced

- ☐ 8 servings salt and pepper to taste
- ☐ 1 pound kielbasa sausage sliced
- ☐ 2 tablespoons vegetable oil

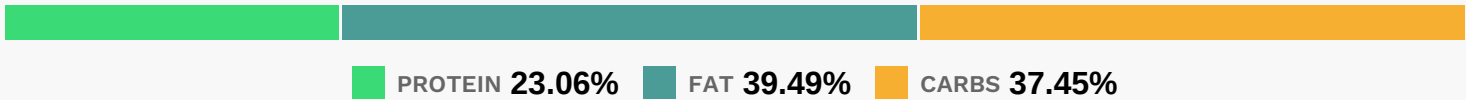
Equipment

- ☐ 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:28.3, Glycemic Load:6.06, Inflammation Score:-10, Nutrition Score:28.17173920507%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg 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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 447.56kcal (22.38%), Fat: 19.76g (30.4%), Saturated Fat: 5.66g (35.39%), Carbohydrates: 42.17g (14.06%), Net Carbohydrates: 23.03g (8.37%), Sugar: 5.95g (6.61%), Cholesterol: 45.56mg (15.19%), Sodium: 1524.85mg (66.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.96g (51.92%), Fiber: 19.14g (76.55%), Folate: 288.23µg (72.06%), Vitamin A: 2778.07IU (55.56%), Manganese: 1.02mg (51.08%), Vitamin B1: 0.76mg (50.65%), Phosphorus: 371.06mg (37.11%), Iron: 5.88mg (32.64%), Vitamin B6: 0.61mg (30.47%), Zinc: 4.33mg (28.86%), Potassium: 976.97mg (27.91%), Vitamin B3: 5.51mg (27.56%), Copper: 0.48mg (24.08%), Magnesium: 94.54mg (23.64%), Vitamin B2: 0.37mg (22.05%), Vitamin B5: 1.85mg (18.48%), Vitamin K: 17.14µg (16.32%), Vitamin C:

10.14mg (12.29%), Vitamin E: 1.55mg (10.36%), Vitamin B12: 0.53µg (8.82%), Selenium: 6.15µg (8.79%), Calcium: 77.59mg (7.76%), Vitamin D: 0.74µg (4.91%)