



Lebanese Lemon Lentil Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



125 min.

SERVINGS



10

CALORIES



182 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 servings pepper black freshly ground
- 2 carrots diced
- 0.5 teaspoon cayenne pepper
- 2 stalks celery diced with leaves,
- 2 cups green lentils french
- 2 tablespoons parsley fresh chopped
- 1.5 teaspoons garlic minced
- 1 tablespoon ground coriander

- 1 tablespoon ground cumin
- 1.5 teaspoons ground pepper black
- 1 optional: lemon cut into wedges
- 2 tablespoons olive oil
- 1 tablespoon salt to taste
- 6 cups water
- 1 large onion diced yellow

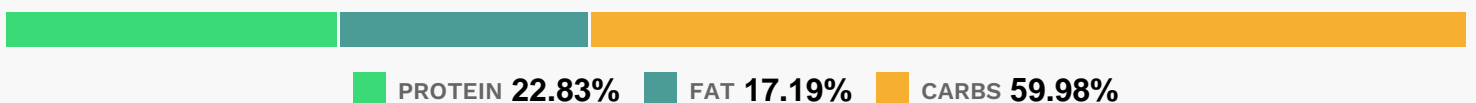
Equipment

- sauce pan
- whisk
- pot

Directions

- Heat olive oil in a large heavy-bottomed pot over medium heat. Cook and stir onion, celery, and carrots until slightly tender, about 5 minutes.
- Add garlic; cook and stir until fragrant, 30 seconds.
- Add water, lentils, 2 tablespoons fresh parsley, salt, coriander, cumin, black pepper, and cayenne pepper; stir to incorporate. Cover and simmer until lentils are tender, stirring occasionally, 1 1/2 hours.
- Whisk butter and flour together in a small saucepan over medium-low heat; stir constantly until thickened and paste-like, about 10 minutes. Reduce heat to low, stirring every 2 to 3 minutes, until light brown, about 20 more minutes.
- Whisk flour paste into finished soup, a spoonful at a time, until smooth and creamy.
- Serve with lemon wedges, 2 tablespoons parsley, and a sprinkle of freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:31.89, Glycemic Load:3.82, Inflammation Score:-9, Nutrition Score:16.577391334202%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.96mg, Apigenin: 1.96mg, Apigenin: 1.96mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

Nutrients (% of daily need)

Calories: 181.58kcal (9.08%), Fat: 3.56g (5.47%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 14.76g (5.37%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 724.55mg (31.5%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 10.63g (21.27%), Fiber: 13.18g (52.7%), Folate: 194.64µg (48.66%), Vitamin A: 2210.55IU (44.21%), Manganese: 0.65mg (32.61%), Vitamin B1: 0.36mg (24.23%), Vitamin K: 21.52µg (20.49%), Iron: 3.65mg (20.28%), Phosphorus: 192.57mg (19.26%), Magnesium: 58.19mg (14.55%), Potassium: 494.17mg (14.12%), Vitamin B6: 0.27mg (13.46%), Zinc: 2mg (13.31%), Vitamin C: 10.92mg (13.24%), Copper: 0.26mg (12.95%), Vitamin B5: 0.93mg (9.25%), Vitamin B3: 1.24mg (6.2%), Vitamin B2: 0.11mg (6.19%), Calcium: 52.68mg (5.27%), Vitamin E: 0.77mg (5.15%), Selenium: 3.61µg (5.15%)