

 **86%**  
HEALTH SCORE

## Lebanese-Style Red Lentil Soup

 Vegetarian  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



50 min.

SERVINGS



8

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon cayenne pepper
- 6 cups chicken stock see
- 0.5 cup cilantro leaves chopped
- 1 tablespoon garlic minced
- 1 tablespoon ground cumin
- 0.8 cup juice of lemon fresh
- 3 tablespoons olive oil
- 1 large onion chopped

1 pound lentils red

## Equipment

frying pan

sauce pan

blender

## Directions

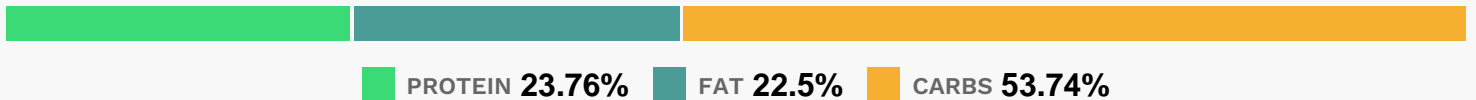
Bring chicken stock and lentils to a boil in a large saucepan over high heat, then reduce heat to medium-low, cover, and simmer for 20 minutes.

Meanwhile, heat olive oil in a skillet over medium heat. Stir in garlic and onion, and cook until the onion has softened and turned translucent, about 3 minutes.

Stir onions into the lentils and season with cumin and cayenne. Continue simmering until the lentils are tender, about 10 minutes.

Carefully puree the soup in a standing blender, or with a stick blender until smooth. Stir in cilantro and lemon juice before serving.

## Nutrition Facts



## Properties

Glycemic Index:18.83, Glycemic Load:4.63, Inflammation Score:-7, Nutrition Score:21.765217449354%

## Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg Gallic acid: 0.08mg, Gallic acid: 0.08mg, Gallic acid: 0.08mg, Gallic acid: 0.08mg

## Nutrients (% of daily need)

Calories: 328.82kcal (16.44%), Fat: 8.28g (12.74%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 26.68g (9.7%), Sugar: 5.41g (6.02%), Cholesterol: 5.4mg (1.8%), Sodium: 263.81mg (11.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.37%), Folate: 289.58µg (72.4%), Fiber: 17.84g (71.37%), Manganese: 0.83mg (41.48%), Vitamin B1: 0.58mg (38.66%), Phosphorus: 317.7mg (31.77%), Iron: 5.28mg (29.35%), Vitamin B6: 0.47mg (23.46%), Potassium: 806.61mg (23.05%), Vitamin B3: 4.43mg (22.13%), Magnesium: 83.07mg (20.77%), Copper: 0.41mg (20.73%), Zinc: 3.06mg (20.41%), Vitamin B2: 0.29mg (16.91%), Vitamin C: 13.83mg (16.76%), Selenium: 8.98µg (12.83%), Vitamin B5: 1.28mg (12.78%), Vitamin K: 9.69µg (9.23%), Vitamin E: 1.21mg (8.09%), Calcium: 52.54mg (5.25%), Vitamin A: 158.37IU (3.17%)