



 **100%**
HEALTH SCORE

Lemony Greek Lentil Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound brown lentils
- 12 ounces carrots scrubbed chopped
- 3 quarts water cold
- 1 teaspoon thyme dried
- 0.3 cup juice of lemon
- 2 teaspoons basil dried
- 2 teaspoons thyme sprigs fresh
- 1 teaspoon oregano dried

- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons salt
- 1 medium onion finely chopped
- 3 cloves garlic finely chopped
- 1 tablespoon olive oil
- 28 ounces canned tomatoes whole canned
- 1 teaspoon frangelico dried (if none available, add 1 more)

Equipment

- pot
- kitchen scissors

Directions

- Put the lentils, water, carrot and 1 teaspoon dried thyme into an 8-quart stockpot, cover and set over medium heat.
- After 15 minutes, lower the heat somewhat and gently bring the water to a simmer, which should take another half an hour or so.
- Once the lentils have reached the boiling point, turn off the burner and let them sit for 1 hour.
- After the hour, bring the soup back to a simmer and add the lemon juice, dry basil, fresh thyme, oregano, pepper and salt and simmer for 1 hour.
- Now, slowly saut the onion and garlic in the olive oil until the onion is tender.
- Coarsely chop the tomatoes (I do this with kitchen scissors right in the can), and add them and the onion mixture to the soup. Adjust the salt to taste.
- Bring everything back to the boiling point and simmer for another hour. After this point, you can turn your burner to its lowest setting, and this soup will happily sit steaming with its lid cocked for several hours until you are ready to enjoy it.
- Add more water if necessary.
- Serve with crusty bread and a soft cheese like St. Andre or Cambazola

Nutrition Facts



■ PROTEIN 23.83% ■ FAT 8.85% ■ CARBS 67.32%

Properties

Glycemic Index:41.41, Glycemic Load:10.59, Inflammation Score:-10, Nutrition Score:37.28347826087%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg Galliccatechin: 0.11mg, Galliccatechin: 0.11mg, Galliccatechin: 0.11mg, Galliccatechin: 0.11mg

Taste

Sweetness: 59.21%, Saltiness: 100%, Sourness: 66.92%, Bitterness: 95.61%, Savoriness: 31.07%, Fattiness: 29.18%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 368.09kcal (18.4%), Fat: 3.75g (5.77%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 64.17g (21.39%), Net Carbohydrates: 36.17g (13.15%), Sugar: 11.12g (12.35%), Cholesterol: 0mg (0%), Sodium: 1018.77mg (44.29%), Protein: 22.71g (45.42%), Vitamin A: 9834.25IU (196.68%), Fiber: 28g (111.99%), Folate: 398.26µg (99.56%), Manganese: 1.48mg (73.79%), Vitamin B1: 0.81mg (54.18%), Iron: 8.44mg (46.9%), Phosphorus: 414.27mg (41.43%), Potassium: 1355.07mg (38.72%), Copper: 0.77mg (38.3%), Vitamin B6: 0.74mg (37.09%), Magnesium: 138.05mg (34.51%), Vitamin C: 25.76mg (31.23%), Vitamin K: 30.7µg (29.24%), Zinc: 4.27mg (28.45%), Vitamin B5: 2.2mg (21.96%), Vitamin B3: 4.24mg (21.19%), Vitamin E: 2.87mg (19.1%), Vitamin B2: 0.28mg (16.42%), Calcium: 147.65mg (14.76%), Selenium: 7.48µg (10.69%)