

 87%
HEALTH SCORE

Lemony Lentil Soup with Spinach



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



452 min.

SERVINGS



12

CALORIES



110 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 carrots chopped
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 teaspoon cumin
- ☐ 1.5 cups brown lentils dried washed and picked over
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup juice of lemon
- ☐ 2 cups chicken broth low-sodium

- ☐ 1 large onion chopped
- ☐ 12 servings salt
- ☐ 10 oz pkt spinach frozen dry thawed chopped

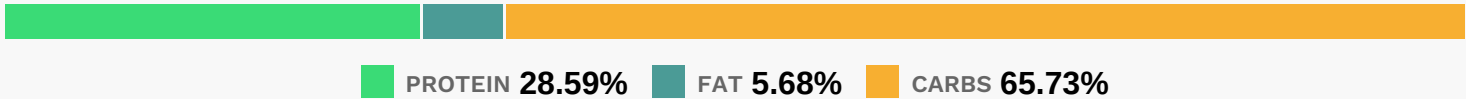
Equipment

- ☐ slow cooker

Directions

- ☐ In slow cooker, combine onion, carrots, garlic, lentils, cumin, ginger, cinnamon, 1/2 tsp. salt, broth and 3 cups water. Cover and cook on low until lentils and vegetables are tender, 6 to 7 hours.
- ☐ Stir in spinach, cover, raise heat to high and cook for 20 minutes. Stir in lemon juice, season with salt and serve.

Nutrition Facts



Properties

Glycemic Index:11.54, Glycemic Load:2.38, Inflammation Score:-10, Nutrition Score:18.37086964431%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 110.18kcal (5.51%), Fat: 0.72g (1.11%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 10.18g (3.7%), Sugar: 1.85g (2.05%), Cholesterol: 0mg (0%), Sodium: 232.49mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.33%), Vitamin A: 4480.91IU (89.62%), Vitamin K: 90.51µg (86.2%), Folate: 154.59µg (38.65%), Fiber: 8.59g (34.36%), Manganese: 0.59mg (29.7%), Vitamin B1: 0.25mg (16.5%), Iron:

2.56mg (14.2%), Phosphorus: 141.11mg (14.11%), Magnesium: 51.29mg (12.82%), Potassium: 408.19mg (11.66%), Vitamin B6: 0.21mg (10.68%), Copper: 0.19mg (9.65%), Zinc: 1.39mg (9.25%), Vitamin B2: 0.13mg (7.46%), Vitamin C: 6.02mg (7.3%), Vitamin B3: 1.43mg (7.15%), Vitamin E: 0.89mg (5.91%), Vitamin B5: 0.59mg (5.9%), Calcium: 55.21mg (5.52%), Selenium: 3.66µg (5.23%)