



Lentil and Kumquat Soup



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup carrots diced
- ☐ 0.8 cup celery diced
- ☐ 9 tablespoons flat-leaf parsley divided chopped
- ☐ 1.5 tablespoons thyme leaves fresh chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 8 ounces kumquats (24)
- ☐ 1.5 cups regular lentils black french rinsed
- ☐ 6 cups chicken broth reduced-sodium

- ☐ 1 tablespoon olive oil
- ☐ 1 large onion finely chopped
- ☐ 4 oz pancetta chopped
- ☐ 0.8 teaspoon pepper

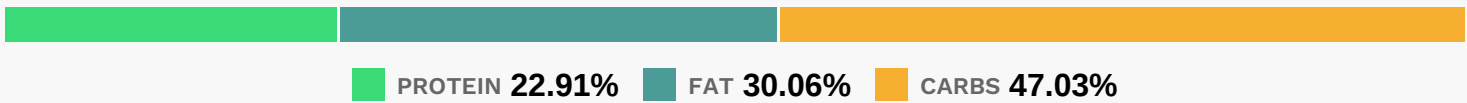
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot

Directions

- ☐ Saut pancetta in oil in a medium pot over medium-high heat until browned, 4 to 5 minutes. Discard all but 2 tbsp. fat.
- ☐ Add onion, carrots, celery, and thyme; cook, stirring often, until vegetables start to brown, 8 to 10 minutes.
- ☐ Add lentils, 6 cups broth, and the pepper to pot. Cover and bring to a boil, then reduce heat and simmer until lentils are almost tender, 25 to 30 minutes.
- ☐ Meanwhile, quarter kumquats and seed**. Finely chop 3/4 cup. Thinly slice remaining kumquats crosswise.
- ☐ Stir sliced kumquats into soup and add 1/4 tsp. salt. Simmer until lentils are tender, about 5 more minutes. Stir in 3 tbsp. parsley and a little more broth if you like.
- ☐ In a small bowl, combine chopped kumquats and remaining 6 tbsp. parsley and 1/4 tsp. salt; spoon onto bowls of soup.
- ☐ *French green lentils (also called Du Puy lentils) and black beluga lentils hold their shape after cooking. Find them at well-stocked grocery stores and purcellmountainfarms.com.
- ☐ **To seed kumquats, quarter the fruit lengthwise; then remove seeds with a knife tip.

Nutrition Facts



Properties

Glycemic Index:47.89, Glycemic Load:5.69, Inflammation Score:-10, Nutrition Score:35.123043397199%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Naringenin: 26.03mg, Naringenin: 26.03mg, Naringenin: 26.03mg, Naringenin: 26.03mg Apigenin: 25.92mg, Apigenin: 25.92mg, Apigenin: 25.92mg, Apigenin: 25.92mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 427.63kcal (21.38%), Fat: 14.71g (22.62%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 51.76g (17.25%), Net Carbohydrates: 29.35g (10.67%), Sugar: 8.23g (9.15%), Cholesterol: 14.97mg (4.99%), Sodium: 506.54mg (22.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.43%), Vitamin K: 130.23µg (124.03%), Fiber: 22.41g (89.66%), Vitamin A: 4146.51IU (82.93%), Folate: 310.36µg (77.59%), Manganese: 1mg (49.9%), Vitamin C: 39.21mg (47.52%), Vitamin B1: 0.62mg (41.29%), Phosphorus: 411.94mg (41.19%), Iron: 6.43mg (35.73%), Vitamin B3: 6.9mg (34.48%), Potassium: 1124.28mg (32.12%), Copper: 0.55mg (27.41%), Vitamin B6: 0.5mg (25.22%), Magnesium: 99.35mg (24.84%), Zinc: 3.62mg (24.11%), Vitamin B2: 0.31mg (18.3%), Vitamin B5: 1.62mg (16.21%), Selenium: 9.59µg (13.7%), Calcium: 112.08mg (11.21%), Vitamin E: 1.08mg (7.21%), Vitamin B12: 0.4µg (6.61%)