



HEALTH SCORE

100%

## Lentil and Linguine Soup



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



2009 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 bay leaf
- ☐ 3 carrots chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 cup lentils
- ☐ 4 pound pasta
- ☐ 3 tablespoons olive oil

- ☐ 1 large onion chopped
- ☐ 0.3 cup parmesan grated
- ☐ 2 teaspoons salt
- ☐ 2.5 quarts water

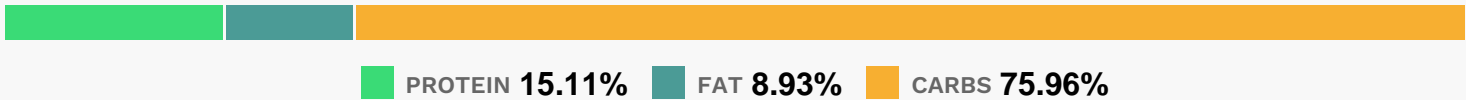
## Equipment

- ☐ pot

## Directions

- ☐ In a large pot, heat the oil over moderate heat.
- ☐ Add the onion, garlic, and carrots and cook, stirring occasionally, until the vegetables start to soften, about 10 minutes.
- ☐ Add the lentils, water, salt, bay leaf, and red-pepper flakes to the pot. Bring to a boil. Reduce the heat and simmer, partially covered, stirring occasionally, for 15 minutes.
- ☐ Add the linguine and simmer, stirring occasionally, until the lentils are tender and the pasta is done, 15 to 20 minutes longer.
- ☐ Stir the black pepper and the parsley into the soup. Top each serving with some of the grated Parmesan.
- ☐ Variations: Substitute one chopped fennel bulb for the carrots.: Stir one-and-a-half cups of spinach, cut into very thin strips, into the soup along with the parsley.
- ☐ Wine Recommendation: The soup's flavors are firmly grounded in the soil and will be well served by a wine whose profile is earthy as well. Try a white Ctes-du-Rhne; while it's a bit more difficult to find than the red variety, you'll be surprised by how well it works here.

## Nutrition Facts



## Properties

Glycemic Index:65.36, Glycemic Load:142.16, Inflammation Score:-10, Nutrition Score:56.620435090817%

## Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 2008.67kcal (100.43%), Fat: 19.69g (30.3%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 376.69g (125.56%), Net Carbohydrates: 345.3g (125.56%), Sugar: 16.97g (18.86%), Cholesterol: 4.25mg (1.42%), Sodium: 1360.3mg (59.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.94g (149.88%), Selenium: 292.52µg (417.89%), Manganese: 4.97mg (248.55%), Vitamin A: 8345.44IU (166.91%), Vitamin K: 138.7µg (132.1%), Fiber: 31.39g (125.56%), Phosphorus: 1150.9mg (115.09%), Copper: 1.71mg (85.51%), Folate: 339.33µg (84.83%), Magnesium: 321.27mg (80.32%), Zinc: 9.2mg (61.32%), Vitamin B1: 0.89mg (59.12%), Iron: 10.37mg (57.58%), Vitamin B6: 1.04mg (52.16%), Potassium: 1726.51mg (49.33%), Vitamin B3: 9.58mg (47.91%), Vitamin B5: 3.22mg (32.22%), Vitamin B2: 0.44mg (25.89%), Calcium: 252.25mg (25.23%), Vitamin C: 18.04mg (21.87%), Vitamin E: 2.63mg (17.52%), Vitamin B12: 0.08µg (1.25%)