



Lentil-and-Pancetta Soup

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



213 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 0.8 cup carrots diced
- 0.5 cup celery diced
- 1 cup lentils dried
- 2 teaspoons olive oil
- 1 cup onion chopped
- 3 ounces pancetta chopped
- 0.5 teaspoon salt

- 6 ounces swiss chard coarsely chopped
- 7 cups water
- 1 cup wheat berries uncooked

Equipment

- bowl
- frying pan
- sauce pan
- dutch oven
- colander

Directions

- Place wheat berries in a large saucepan; cover with water to 2 inches above wheat berries. Bring to a boil; remove from heat. Cover; let stand 1 hour.
- Drain well; return wheat berries to pan.
- Cover with water to 2 inches above wheat berries. Bring to a boil; reduce heat, and cook over medium-low heat, partially covered, 45 minutes or until tender.
- Drain; set aside.
- Combine 7 cups water and lentils in pan. Bring to a boil; partially cover, reduce heat, and simmer 15 minutes.
- Add pancetta, and simmer 10 minutes or until lentils are tender.
- Drain the lentil mixture in a colander over a bowl, reserving cooking liquid.
- Heat oil in a large Dutch oven over medium-high heat.
- Add onion, carrot, and celery; saut 8 minutes.
- Add Swiss chard, and cook 5 minutes, stirring frequently.
- Add reserved cooking liquid, salt, and pepper; bring to a boil. Stir in wheat berries and lentil mixture; cook 1 minute or until thoroughly heated.
- Note: Each serving provides 99 micrograms of folate.

Nutrition Facts



■ PROTEIN 19.01% ■ FAT 21.54% ■ CARBS 59.45%

Properties

Glycemic Index:21.6, Glycemic Load:2.42, Inflammation Score:-9, Nutrition Score:16.88000000963%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 212.64kcal (10.63%), Fat: 5.2g (8.01%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 21.86g (7.95%), Sugar: 1.98g (2.2%), Cholesterol: 6.24mg (2.08%), Sodium: 255.08mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.68%), Vitamin K: 161.68µg (153.98%), Vitamin A: 2975.55IU (59.51%), Fiber: 10.48g (41.9%), Folate: 112.27µg (28.07%), Manganese: 0.41mg (20.27%), Vitamin B1: 0.24mg (15.76%), Iron: 2.79mg (15.5%), Phosphorus: 128.84mg (12.88%), Magnesium: 48.08mg (12.02%), Vitamin C: 8.73mg (10.58%), Potassium: 369.53mg (10.56%), Vitamin B6: 0.2mg (9.97%), Copper: 0.19mg (9.62%), Zinc: 1.28mg (8.55%), Vitamin B5: 0.61mg (6.07%), Vitamin B3: 1.16mg (5.78%), Selenium: 3.97µg (5.66%), Vitamin B2: 0.08mg (4.94%), Vitamin E: 0.72mg (4.8%), Calcium: 47.64mg (4.76%)