



Lentil and Spinach Soup (Sopa de Lentejas con Espinacas)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 carrots diced peeled
- ☐ 0.5 teaspoon chili powder
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 and/2 cups lentils dried picked over rinsed
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion finely chopped
- ☐ 2 medium potatoes diced
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 6 servings salt and pepper
- ☐ 3 cups pkt spinach chopped
- ☐ 2 Tablespoons tomato paste
- ☐ 2 tomatoes finely chopped
- ☐ 6 cups vegetable broth

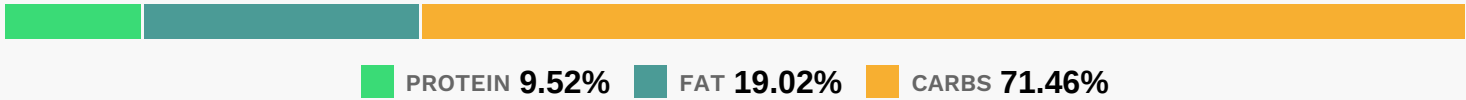
Equipment

- ☐ pot

Directions

- ☐ In a medium pot over medium heat, sauté the carrot and onion and cook until the onion is translucent, about 2 minutes.
- ☐ Add the garlic, tomatoes, red pepper, green pepper and sauté until the vegetables are soft, about 3 minutes.
- ☐ Add the cumin, chili powder, salt and pepper.
- ☐ Add the lentils, the broth and tomato paste, increase the heat to high and bring to a boil.Reduce the heat to low, cover and simmer until the lentils are tender about 25 minutes.
- ☐ Add the potatoes and cook for about 10 minutes more.
- ☐ Add the spinach and simmer for about 2 minutes more. Season the soup with salt and pepper.
- ☐ Serve warm with plain white rice.

Nutrition Facts



Properties

Glycemic Index:69.86, Glycemic Load:12.4, Inflammation Score:-10, Nutrition Score:17.122608697933%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 121.95kcal (6.1%), Fat: 2.72g (4.19%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 19.22g (6.99%), Sugar: 6.31g (7.01%), Cholesterol: 0mg (0%), Sodium: 1212.32mg (52.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Vitamin A: 5997.58IU (119.95%), Vitamin K: 82.76µg (78.82%), Vitamin C: 40.44mg (49.02%), Manganese: 0.39mg (19.73%), Vitamin B6: 0.38mg (18.83%), Potassium: 654.25mg (18.69%), Fiber: 3.78g (15.13%), Folate: 58.01µg (14.5%), Magnesium: 41.39mg (10.35%), Vitamin E: 1.43mg (9.51%), Iron: 1.55mg (8.61%), Copper: 0.17mg (8.32%), Vitamin B3: 1.61mg (8.04%), Phosphorus: 79.54mg (7.95%), Vitamin B1: 0.12mg (7.88%), Vitamin B2: 0.09mg (5.47%), Calcium: 44.37mg (4.44%), Vitamin B5: 0.37mg (3.73%), Zinc: 0.52mg (3.46%), Selenium: 0.94µg (1.34%)