



Lentil-Barley Soup



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



221 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 0.8 cup beer
- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons canola oil
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 0.3 cup celery leaves chopped
- ☐ 0.5 cup lentils dried

- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 cup leek sliced
- ☐ 0.5 cup parsnips chopped
- ☐ 0.3 cup pearl barley uncooked
- ☐ 0.1 teaspoon salt
- ☐ 3 cups vegetable broth organic
- ☐ 1 cup water

Equipment

- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add leek to pan; saut 2 minutes.
- ☐ Add broth, 1 cup water, and beer; bring to a boil.
- ☐ Add chopped carrot and next 8 ingredients (through bay leaves); return to a boil. Cover, reduce heat, and simmer for 15 minutes. Stir in lentils; cover and cook 30 minutes. Discard bay leaves.
- ☐ Place 1 1/2 cups broth mixture in a blender.
- ☐ Remove the center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return pureed mixture to pan, and stir in salt. Return mixture to a boil; cover, reduce heat, and simmer 10 minutes or until thoroughly heated, stirring occasionally.

Nutrition Facts



 PROTEIN **16.51%**  FAT **11.34%**  CARBS **72.15%**

Properties

Glycemic Index:87.98, Glycemic Load:6.66, Inflammation Score:-10, Nutrition Score:20.338695522236%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 221.23kcal (11.06%), Fat: 2.71g (4.17%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 26.63g (9.68%), Sugar: 5.81g (6.45%), Cholesterol: 0mg (0%), Sodium: 847.07mg (36.83%), Alcohol: 1.73g (100%), Alcohol %: 0.51% (100%), Protein: 8.88g (17.76%), Vitamin A: 6517.67IU (130.35%), Fiber: 12.18g (48.73%), Folate: 171.07µg (42.77%), Manganese: 0.85mg (42.67%), Vitamin K: 34.53µg (32.89%), Vitamin B1: 0.3mg (19.72%), Phosphorus: 184.98mg (18.5%), Iron: 3.19mg (17.72%), Potassium: 610.83mg (17.45%), Vitamin B6: 0.33mg (16.52%), Magnesium: 63.94mg (15.98%), Vitamin C: 12.23mg (14.83%), Copper: 0.27mg (13.61%), Zinc: 1.71mg (11.42%), Selenium: 7.7µg (11%), Vitamin B3: 2.13mg (10.64%), Vitamin B5: 0.9mg (8.99%), Vitamin B2: 0.14mg (8.35%), Vitamin E: 1.25mg (8.33%), Calcium: 75.16mg (7.52%)