



Lentil Lemon Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



210 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 14.5 ounce chicken broth canned
- 1.5 cups brown lentils dried rinsed drained
- 3 sprigs flat parsley italian
- 3 tablespoons cilantro leaves fresh chopped
- 2 sprigs thyme leaves fresh
- 4 cloves garlic crushed
- 1 optional: lemon cut into wedges

- 0.5 cup juice of lemon
- 2 tablespoons olive oil
- 1 large onion finely chopped
- 6 servings salt to taste
- 1.5 pounds swiss chard – rinsed cut into 1/2 inch slices
- 4 cups water

Equipment

- frying pan
- sauce pan
- pot

Directions

- In a large saucepan, combine the chicken broth, 6 cups of water, 1 small onion, bay leaf, parsley and thyme. Bring to a boil, then reduce heat to low and simmer for about 1 1/2 hours. Strain, and reserve 4 cups of the broth for the recipe. Reserve the remaining broth for other uses.
- Pour the 4 cups of broth into a large soup pot, and add 4 cups of water to it. Stir in lentils, and bring to a boil. Cover, reduce heat to low, and simmer for about 1 hour.
- Heat olive oil in a large skillet over medium heat.
- Add the large onion, and cook until transparent, stirring frequently.
- Add the garlic, and cook for just a minute, until fragrant.
- Place the chard in the pan, and cook until wilted, about 5 minutes. The smells here are delicious!
- Transfer the chard and onion mixture to the pot with the lentils. Stir in the cilantro and lemon juice. Season with salt and additional lemon if desired. Simmer covered for an additional 15 minutes before serving.
- Serve with lemon wedges.

Nutrition Facts



■ PROTEIN 33.35% ■ FAT 25.66% ■ CARBS 40.99%

Properties

Glycemic Index:41.35, Glycemic Load:5.29, Inflammation Score:-10, Nutrition Score:36.995651990175%

Flavonoids

Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Eriodictyol: 4.84mg, Eriodictyol: 4.84mg, Eriodictyol: 4.84mg, Eriodictyol: 4.84mg Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 6.76mg, Kaempferol: 6.76mg, Kaempferol: 6.76mg, Kaempferol: 6.76mg Myricetin: 3.72mg, Myricetin: 3.72mg, Myricetin: 3.72mg, Myricetin: 3.72mg Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Nutrients (% of daily need)

Calories: 382.27kcal (19.11%), Fat: 11.1g (17.08%), Saturated Fat: 2.32g (14.53%), Carbohydrates: 39.91g (13.3%), Net Carbohydrates: 22.35g (8.13%), Sugar: 4.27g (4.74%), Cholesterol: 34.26mg (11.42%), Sodium: 778.72mg (33.86%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 32.47g (64.94%), Vitamin K: 956.94µg (911.37%), Vitamin A: 7153.76IU (143.08%), Fiber: 17.56g (70.24%), Vitamin C: 57.27mg (69.42%), Folate: 259.09µg (64.77%), Manganese: 1.14mg (56.81%), Magnesium: 171.53mg (42.88%), Phosphorus: 389.04mg (38.9%), Iron: 6.89mg (38.27%), Vitamin B1: 0.49mg (32.85%), Potassium: 1089.32mg (31.12%), Zinc: 4.53mg (30.21%), Vitamin B6: 0.58mg (29.12%), Copper: 0.54mg (27.03%), Selenium: 18.12µg (25.88%), Vitamin E: 3.34mg (22.28%), Vitamin B3: 3.44mg (17.21%), Vitamin B2: 0.29mg (17.05%), Vitamin B5: 1.33mg (13.3%), Calcium: 116.79mg (11.68%), Vitamin B12: 0.69µg (11.42%)