



Lentil Potage with Spinach and Yogurt

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black
- 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- 0.5 cup pearl barley cooked
- 0.5 cup cracked wheat uncooked
- 0.5 teaspoon ground allspice
- 2 teaspoons ground cumin
- 0.5 teaspoon ground turmeric

- 2 tablespoons olive oil
- 1.5 cups onion diced
- 1 teaspoon paprika
- 1 cup petite dried black
- 1.3 teaspoons salt
- 8 ounces pkt spinach chopped
- 6.5 cups water
- 8 ounce carton yogurt plain low-fat

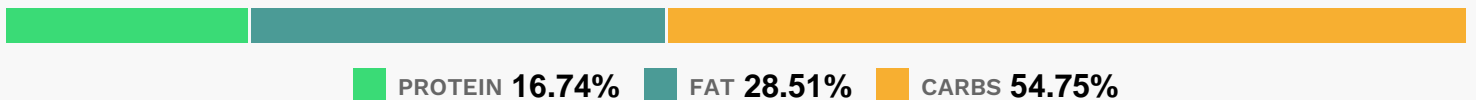
Equipment

- bowl
- paper towels
- spatula
- dutch oven

Directions

- Heat olive oil in a large Dutch oven over medium heat.
- Add the onion and the next 7 ingredients (onion through bay leaf); cook 10 minutes.
- Add the water and lentils, and bring to a boil. Reduce heat, and simmer 30 minutes.
- Add spinach, bulgur, barley, and chickpeas; cook 1 minute.
- Remove from heat, and discard bay leaf. Cover mixture and let stand 15 minutes.
- Spoon the yogurt onto several layers of heavy-duty paper towels, spreading to 1/2-inch thickness. Cover yogurt with additional paper towels, and let stand 5 minutes. Scrape yogurt into a bowl using a rubber spatula.
- Serve the drained yogurt with potage.

Nutrition Facts



Properties

Glycemic Index:26.96, Glycemic Load:3.5, Inflammation Score:-10, Nutrition Score:18.581739052482%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 175.49kcal (8.77%), Fat: 5.86g (9.01%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 19.09g (6.94%), Sugar: 4.48g (4.98%), Cholesterol: 1.7mg (0.57%), Sodium: 571.55mg (24.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.48%), Vitamin K: 144.13µg (137.27%), Vitamin A: 2952.25IU (59.05%), Manganese: 0.89mg (44.36%), Fiber: 6.22g (24.89%), Folate: 91.2µg (22.8%), Vitamin C: 17.85mg (21.63%), Vitamin B6: 0.42mg (20.87%), Phosphorus: 165.21mg (16.52%), Iron: 2.71mg (15.05%), Magnesium: 57.92mg (14.48%), Potassium: 455.05mg (13%), Calcium: 124.37mg (12.44%), Copper: 0.22mg (10.9%), Vitamin B2: 0.17mg (9.76%), Vitamin B1: 0.13mg (8.44%), Vitamin E: 1.21mg (8.08%), Zinc: 1.2mg (8%), Selenium: 3.69µg (5.28%), Vitamin B3: 0.98mg (4.92%), Vitamin B5: 0.43mg (4.26%), Vitamin B12: 0.16µg (2.65%)