



Lentil-Sausage-Vegetable Soup



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cooking oil
- ☐ 1 cup carrots sliced
- ☐ 1 cup celery stalks sliced
- ☐ 0.5 cup onion chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup lentils dried rinsed
- ☐ 0.5 lb andouille smoked cooked sliced quartered
- ☐ 4.5 oz mushrooms drained sliced

- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup water
- ☐ 28 oz chicken broth canned

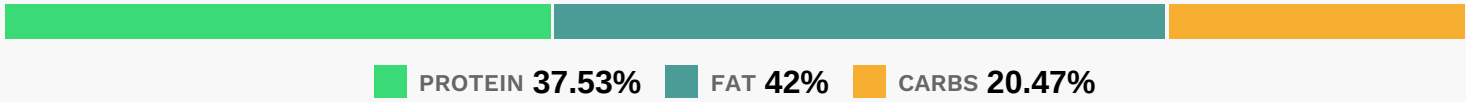
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Heat oil in large saucepan or Dutch oven over medium-high heat until hot.
- ☐ Add carrots, celery, onion and garlic; cook 3 to 4 minutes or until vegetables are crisp-tender, stirring frequently.
- ☐ Add all remaining ingredients. Bring to a boil. Reduce heat; cover and simmer 30 to 40 minutes or until lentils and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:53.89, Glycemic Load:4.28, Inflammation Score:-10, Nutrition Score:31.325651956641%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 617.12kcal (30.86%), Fat: 28.32g (43.57%), Saturated Fat: 8.05g (50.33%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 17.73g (6.45%), Sugar: 3.45g (3.84%), Cholesterol: 111.58mg (37.19%), Sodium: 1190.4mg (51.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.94g (113.89%), Vitamin A: 4669.08IU

(93.38%), Selenium: 40.99µg (58.56%), Fiber: 13.33g (53.32%), Folate: 208.52µg (52.13%), Phosphorus: 506.19mg (50.62%), Zinc: 7.02mg (46.83%), Vitamin B12: 2.28µg (38.05%), Vitamin B3: 7.54mg (37.69%), Vitamin B6: 0.69mg (34.51%), Vitamin B1: 0.5mg (33.58%), Manganese: 0.64mg (32.1%), Iron: 5.73mg (31.83%), Potassium: 938.63mg (26.82%), Vitamin B2: 0.45mg (26.56%), Magnesium: 92.6mg (23.15%), Copper: 0.42mg (21.16%), Vitamin K: 17.1µg (16.29%), Vitamin B5: 1.55mg (15.48%), Vitamin E: 1.42mg (9.45%), Vitamin C: 5.89mg (7.14%), Calcium: 71.23mg (7.12%), Vitamin D: 0.71µg (4.72%)