



HEALTH SCORE

100%

Lentil Soup



Very Healthy

READY IN



70 min.

SERVINGS



6

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 2 carrots peeled chopped
- 2 celery stalks chopped
- 0.7 cup elbow pasta dried
- 2 garlic cloves chopped
- 1 pound lentils (approximately)
- 11 cups low-salt chicken broth
- 2 tablespoons olive oil for drizzling

- 1 medium onion chopped
- 1 cup parmesan shredded
- 6 servings salt and pepper black freshly ground
- 4 to 6 thyme sprigs fresh

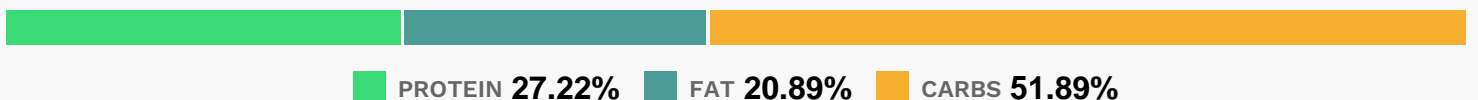
Equipment

- bowl
- ladle
- pot

Directions

- Watch how to make this recipe.
- Heat the oil in a heavy large pot over medium heat.
- Add the onion, carrots, and celery.
- Add the garlic, salt, and pepper and saute until all the vegetables are tender, about 5 to 8 minutes.
- Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes.
- Add the lentils and mix to coat.
- Add the broth and stir.
- Add the thyme sprigs. Bring to a boil over high heat. Cover and simmer over low heat until the lentils are almost tender, about 30 minutes.
- Stir in the pasta. Simmer until the pasta is tender but still firm to the bite, about 8 minutes. Season with salt and pepper, to taste.
- Ladle the soup into bowls.
- Sprinkle with the Parmesan, drizzle with olive oil, and serve.

Nutrition Facts



Properties

Glycemic Index:50.41, Glycemic Load:8.22, Inflammation Score:-10, Nutrition Score:38.543912620648%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg Galliccatechin: 0.11mg, Galliccatechin: 0.11mg, Galliccatechin: 0.11mg, Galliccatechin: 0.11mg

Nutrients (% of daily need)

Calories: 540.58kcal (27.03%), Fat: 12.88g (19.82%), Saturated Fat: 4.36g (27.26%), Carbohydrates: 72.02g (24.01%), Net Carbohydrates: 46.12g (16.77%), Sugar: 7.43g (8.26%), Cholesterol: 11.33mg (3.78%), Sodium: 508.88mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.78g (75.56%), Fiber: 25.9g (103.6%), Folate: 383.16µg (95.79%), Vitamin A: 3742.5IU (74.85%), Manganese: 1.37mg (68.59%), Phosphorus: 652.89mg (65.29%), Vitamin B1: 0.76mg (50.43%), Vitamin B3: 9.29mg (46.45%), Iron: 8.11mg (45.05%), Potassium: 1449.57mg (41.42%), Copper: 0.81mg (40.67%), Zinc: 5.02mg (33.44%), Magnesium: 131.74mg (32.94%), Vitamin B6: 0.66mg (32.88%), Calcium: 300mg (30%), Selenium: 20.53µg (29.33%), Vitamin B2: 0.41mg (24.21%), Vitamin B5: 2.04mg (20.42%), Vitamin C: 13.61mg (16.49%), Vitamin E: 2.1mg (13.97%), Vitamin K: 13.85µg (13.19%), Vitamin B12: 0.63µg (10.54%)