



Lentil Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup carrots finely chopped
- 0.5 cup celery finely chopped
- 0.5 teaspoon coriander freshly ground
- 0.5 teaspoon cumin freshly ground toasted
- 2 teaspoons kosher salt
- 1 pound lentils rinsed
- 2 tablespoons olive oil
- 1 cup onion finely chopped

- 1 cup tomatoes peeled chopped
- 2 quarts vegetable broth
- 0.5 teaspoon grains of paradise freshly ground
- 0.5 teaspoon grains of paradise freshly ground

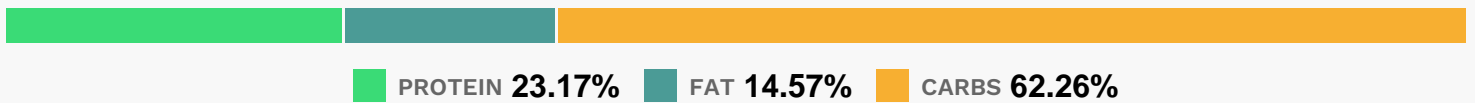
Equipment

- blender
- dutch oven

Directions

- Watch how to make this recipe.
- Place the olive oil into a large 6-quart Dutch oven and set over medium heat. Once hot, add the onion, carrot, celery and salt and sweat until the onions are translucent, approximately 6 to 7 minutes.
- Add the lentils, tomatoes, broth, coriander, cumin and grains of paradise and stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Using a stick blender, puree to your preferred consistency.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.3, Glycemic Load:6.38, Inflammation Score:-9, Nutrition Score:20.379565197489%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

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Nutrients (% of daily need)

Calories: 259.27kcal (12.96%), Fat: 4.24g (6.52%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 22.52g (8.19%), Sugar: 4.97g (5.52%), Cholesterol: 0mg (0%), Sodium: 1543.75mg (67.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Fiber: 18.25g (72.99%), Folate: 281.99µg (70.5%), Manganese: 0.83mg (41.36%), Vitamin A: 2048IU (40.96%), Vitamin B1: 0.52mg (34.58%), Phosphorus: 271.43mg (27.14%), Iron: 4.53mg (25.18%), Magnesium: 75.76mg (18.94%), Potassium: 660.8mg (18.88%), Zinc: 2.82mg (18.78%), Vitamin B6: 0.36mg (18.07%), Copper: 0.32mg (16.08%), Vitamin B5: 1.29mg (12.92%), Vitamin K: 9.41µg (8.96%), Vitamin C: 7.23mg (8.76%), Vitamin B3: 1.72mg (8.59%), Vitamin B2: 0.14mg (8.09%), Selenium: 4.88µg (6.97%), Vitamin E: 0.96mg (6.4%), Calcium: 45.82mg (4.58%)