



HEALTH SCORE

61%

Lentil Soup



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



10

CALORIES



498 kcal

SOUP

Ingredients



6 ounce baby spinach fresh



6 ounce baby spinach fresh



2 bay leaves



2 bay leaves



1 teaspoon pepper black freshly ground



1 teaspoon pepper black freshly ground



2 carrots peeled halved lengthwise sliced



2 carrots peeled halved lengthwise sliced

- ☐ 1 cup celery sliced
- ☐ 1 cup celery sliced
- ☐ 16 ounce legumes dried
- ☐ 16 ounce legumes dried
- ☐ 2 garlic minced
- ☐ 2 garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 4 cups beef broth fat-free
- ☐ 4 cups beef broth fat-free
- ☐ 1 cup soy sauce
- ☐ 1 cup soy sauce
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon olive oil
- ☐ 3.8 ounce pork sausage italian hot
- ☐ 3.8 ounce pork sausage italian hot
- ☐ 1.5 cups onion red chopped
- ☐ 1.5 cups onion red chopped
- ☐ 10 servings rye flakes
- ☐ 5 sprigs thyme leaves (4-inch-long)
- ☐ 5 sprigs thyme leaves (4-inch-long)
- ☐ 7 cups water
- ☐ 7 cups water

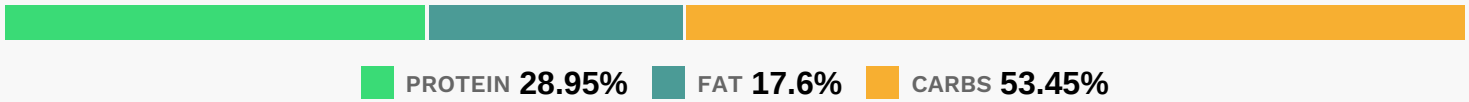
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Remove casing from sausage.
- ☐ Heat a 4-quart saucepan over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add sausage to pan, and cook until browned; stir to crumble.
- ☐ Add onion, celery, and carrot; saut 4 minutes or until tender.
- ☐ Add garlic; saut 30 seconds.
- ☐ Stir in 7 cups water and next 6 ingredients (through bay leaves). Bring to a boil; stir in lentils. Return to a boil; reduce heat, and simmer, uncovered, 40 minutes or until lentils are tender.
- ☐ Stir in spinach; cover and cook 2 minutes or just until spinach wilts.
- ☐ Remove and discard thyme sprigs and bay leaves. Ladle soup into bowls, and, if desired, sprinkle evenly with cheese.

Nutrition Facts



Properties

Glycemic Index:59.49, Glycemic Load:8.82, Inflammation Score:0, Nutrition Score:44.967826164287%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg Galliccatechin: 0.13mg, Galliccatechin: 0.13mg, Galliccatechin: 0.13mg, Galliccatechin: 0.13mg

Nutrients (% of daily need)

Calories: 497.72kcal (24.89%), Fat: 9.9g (15.22%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 67.62g (22.54%), Net Carbohydrates: 36.52g (13.28%), Sugar: 5.73g (6.36%), Cholesterol: 15.31mg (5.1%), Sodium: 2872.56mg (124.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.62g (73.24%), Vitamin K: 180.69µg (172.08%), Vitamin A: 7461.64IU (149.23%), Folate: 545µg (136.25%), Fiber: 31.1g (124.4%), Manganese: 2.01mg (100.32%), Vitamin B1: 0.95mg (63.07%), Phosphorus: 576.38mg (57.64%), Potassium: 1896.97mg (54.2%), Iron: 9.24mg

(51.31%), Magnesium: 194.1mg (48.53%), Vitamin B6: 0.83mg (41.67%), Zinc: 5.68mg (37.84%), Copper: 0.67mg (33.29%), Vitamin B2: 0.45mg (26.62%), Vitamin C: 21.31mg (25.83%), Vitamin B5: 2.48mg (24.77%), Vitamin B3: 4.64mg (23.19%), Calcium: 148.01mg (14.8%), Vitamin E: 2.03mg (13.55%), Selenium: 9.17µg (13.1%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.28µg (1.84%)