



## Lentil Soup



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 2 bay leaves
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 carrots peeled halved lengthwise sliced
- ☐ 1 cup celery sliced
- ☐ 16 ounce lentils dried
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon kosher salt

- ☐ 4 cups lower-sodium chicken broth fat-free
- ☐ 1 cup lower-sodium tomato sauce
- ☐ 1 tablespoon olive oil
- ☐ 3.8 ounce pork sausage italian hot
- ☐ 1.5 cups onion red chopped
- ☐ 5 sprigs thyme leaves (4-inch-long)
- ☐ 7 cups water

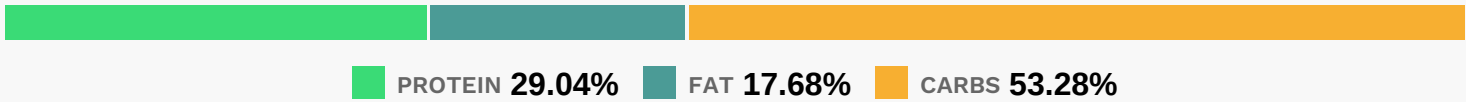
## Equipment

- ☐ 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:29.74, Glycemic Load:4.41, Inflammation Score:-10, Nutrition Score:26.256521958372%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 247.24kcal (12.36%), Fat: 4.93g (7.59%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 18.03g (6.56%), Sugar: 2.86g (3.18%), Cholesterol: 7.65mg (2.55%), Sodium: 1436.28mg (62.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.48%), Vitamin K: 90.31µg (86.01%), Vitamin A: 3730.77IU (74.62%), Folate: 272.42µg (68.11%), Fiber: 15.44g (61.75%), Manganese: 0.97mg (48.48%), Vitamin B1: 0.47mg (31.44%), Phosphorus: 285.03mg (28.5%), Potassium: 944.84mg (27%), Iron: 4.59mg (25.48%), Magnesium: 95.81mg (23.95%), Vitamin B6: 0.41mg (20.73%), Zinc: 2.81mg (18.73%), Copper: 0.33mg (16.47%), Vitamin B2: 0.22mg (13.22%), Vitamin C: 10.66mg (12.92%), Vitamin B5: 1.23mg (12.31%), Vitamin B3: 2.29mg (11.46%), Calcium: 73.72mg (7.37%), Vitamin E: 1.01mg (6.73%), Selenium: 4.33µg (6.19%), Vitamin B12: 0.09µg (1.51%)