



## Lentil Soup

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



44 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 slices oscar mayer bacon chopped
- 0.3 lb carrots chopped
- 0.5 cup knudsen cream sour
- 42 oz chicken broth fat-free reduced-sodium canned
- 1 clove garlic minced
- 0.5 lb lentils dry washed
- 1 small onion chopped
- 0.5 lb potatoes red chopped (1 large potato)

3 oscar mayer wieners cut into 1/4-inch-thick slices

## Equipment

sauce pan

## Directions

- Cook bacon and onions in large saucepan 8 to 10 min. or until bacon is crisp and onions are crisp-tender, stirring occasionally.
- Add garlic; cook 1 min.
- Add next 5 ingredients; stir. Bring to boil; simmer on low heat 25 to 30 min. or until lentils and vegetables are tender.
- Serve topped with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:3.13, Glycemic Load:0.58, Inflammation Score:-3, Nutrition Score:2.6104347631335%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 43.95kcal (2.2%), Fat: 2g (3.07%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 2.94g (1.07%), Sugar: 0.43g (0.48%), Cholesterol: 4.31mg (1.44%), Sodium: 136.78mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin A: 396.31IU (7.93%), Folate: 24.94µg (6.24%), Fiber: 1.55g (6.2%), Vitamin B1: 0.06mg (4.1%), Manganese: 0.08mg (3.92%), Phosphorus: 35.36mg (3.54%), Selenium: 2.27µg (3.25%), Iron: 0.5mg (2.75%), Vitamin B3: 0.54mg (2.68%), Potassium: 92.69mg (2.65%), Vitamin B6: 0.05mg (2.52%), Zinc: 0.34mg (2.26%), Magnesium: 8.09mg (2.02%), Copper: 0.04mg (1.98%), Vitamin B2: 0.03mg (1.84%), Vitamin B5: 0.18mg (1.83%), Vitamin B12: 0.08µg (1.33%), Vitamin C: 0.87mg (1.05%)