

Lentil Soup II



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



42 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups beef broth
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 0.3 cup tomato sauce

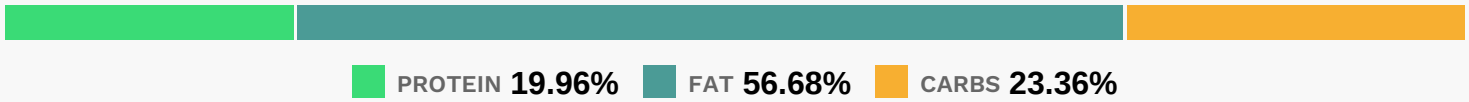
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, combine the oil and onions and saute for 5 minutes, or until onions are tender.
- ☐ Add the broth and bring mixture to a boil.
- ☐ Add the lentils, sauce and seasoning. Reduce heat to low, cover and simmer for 45 minutes, or until lentils are tender. Salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.56, Inflammation Score:-2, Nutrition Score:2.2691304230172%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 42.49kcal (2.12%), Fat: 2.75g (4.23%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 1.94g (0.71%), Sugar: 1.15g (1.28%), Cholesterol: 0mg (0%), Sodium: 838.24mg (36.45%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin B3: 1.39mg (6.93%), Potassium: 147.75mg (4.22%), Vitamin K: 3.84µg (3.65%), Vitamin E: 0.55mg (3.65%), Manganese: 0.07mg (3.39%), Iron: 0.55mg (3.03%), Phosphorus: 29.37mg (2.94%), Vitamin B2: 0.05mg (2.76%), Vitamin B6: 0.05mg (2.57%), Vitamin C: 2.08mg (2.52%), Fiber: 0.61g (2.43%), Folate: 8.39µg (2.1%), Calcium: 20.71mg (2.07%), Magnesium: 7.47mg (1.87%), Vitamin B12: 0.11µg (1.87%), Selenium: 1.29µg (1.84%), Copper: 0.02mg (1.06%)