



Lentil Soup IV

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



85 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 bay leaves
- 3 carrots sliced
- 8 cloves garlic minced
- 0.3 cup olive oil extra-virgin
- 1 large onion grated
- 2 plantains sliced
- 3 potatoes diced
- 1 pinch salt

- 20 servings salt and pepper to taste
- 4 large tomatoes grated
- 2 quarts water

Equipment

- bowl
- pot

Directions

- Rinse and pick through lentils, then place in a bowl with water to cover and let soak while you prepare the other ingredients.
- Fill a large pot with 2 quarts of water, and stir in the olive oil and salt. Bring to a boil.
- Drain the lentils, and carefully pour into the boiling water.
- Add the onions, tomatoes, garlic, potatoes, carrots and plantains into boiling water. Drop in bay leaves and season with salt and pepper. Reduce heat, cover and simmer until lentils and plantains are tender, 45 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:11.28, Glycemic Load:5.01, Inflammation Score:-8, Nutrition Score:6.5021739083788%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 85.48kcal (4.27%), Fat: 2.9g (4.46%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 12.84g (4.67%), Sugar: 5.1g (5.67%), Cholesterol: 0mg (0%), Sodium: 211.79mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin A: 2036.52IU (40.73%), Vitamin C: 16.06mg (19.46%),

Vitamin K: 11.52µg (10.97%), Vitamin B6: 0.2mg (10.18%), Potassium: 353.19mg (10.09%), Manganese: 0.16mg (8.08%), Fiber: 1.86g (7.44%), Magnesium: 20.93mg (5.23%), Copper: 0.1mg (4.76%), Folate: 17.75µg (4.44%), Vitamin E: 0.65mg (4.34%), Vitamin B1: 0.06mg (4.13%), Phosphorus: 39.92mg (3.99%), Vitamin B3: 0.78mg (3.9%), Iron: 0.54mg (2.98%), Vitamin B2: 0.04mg (2.32%), Vitamin B5: 0.22mg (2.22%), Calcium: 18.12mg (1.81%), Zinc: 0.25mg (1.65%)