



Lentil Soup (Potage de Lentille)



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

SOUP

Ingredients

- ☐ 1 bay leaf
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 1.5 cups green lentils dried
- ☐ 0.5 teaspoon thyme dried
- ☐ 4 cups fat-free less-sodium chicken broth fat-free

- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water
- ☐ 2.5 cups rio sweet chopped

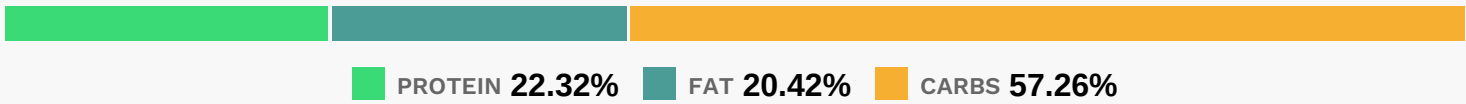
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion and next 5 ingredients (through bay leaf) to pan; saut 12 minutes.
- ☐ Add lentils; cook for 2 minutes, stirring constantly. Stir in broth, 1 cup water, and tomatoes; bring to boil. Cover, reduce heat, and simmer 40 minutes or until lentils are very tender.
- ☐ Remove from heat; let stand for 5 minutes. Discard bay leaf.
- ☐ Place 3 cups lentil mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return pureed mixture to pan; stir in juice, salt, and 1/4 teaspoon pepper.
- ☐ Sprinkle with remaining 1/2 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:25.43, Glycemic Load:4.23, Inflammation Score:0, Nutrition Score:17.600869665975%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 183.13kcal (9.16%), Fat: 4.28g (6.59%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 14.98g (5.45%), Sugar: 4.16g (4.62%), Cholesterol: 0mg (0%), Sodium: 702.46mg (30.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.07%), Vitamin A: 2857.82IU (57.16%), Fiber: 12.04g (48.15%), Folate: 178.08µg (44.52%), Manganese: 0.65mg (32.35%), Vitamin B1: 0.36mg (23.92%), Iron: 3.6mg (19.97%), Phosphorus: 192.8mg (19.28%), Potassium: 603.95mg (17.26%), Vitamin B6: 0.33mg (16.4%), Copper: 0.32mg (15.77%), Magnesium: 57.27mg (14.32%), Vitamin K: 13.73µg (13.08%), Zinc: 1.86mg (12.39%), Vitamin B3: 2.36mg (11.79%), Vitamin C: 9.5mg (11.52%), Vitamin B5: 1.09mg (10.93%), Vitamin E: 1.46mg (9.77%), Selenium: 5.9µg (8.43%), Vitamin B2: 0.14mg (8.3%), Calcium: 57.31mg (5.73%), Vitamin B12: 0.23µg (3.78%)