



Lentil Soup with Balsamic-Roasted Winter Vegetables

 **Gluten Free**  **Dairy Free** Image not found or type unknown

READY IN

Image not found or type unknown
ready

45 min.

SERVINGS

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servings

6

CALORIES

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calories

419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar divided
- ☐ 0.5 teaspoon pepper black
- ☐ 8 ounces carrots cubed peeled
- ☐ 1.3 cups lentils dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 1 tablespoon garlic minced

- ☐ 0.1 teaspoon kosher salt
- ☐ 6 cups lower-sodium chicken broth fat-free divided
- ☐ 2 tablespoons olive oil
- ☐ 4 ounces pancetta chopped
- ☐ 8 ounces parsnips cubed peeled
- ☐ 1 cup onion red chopped 1 medium
- ☐ 1 cup shallots chopped 6 large
- ☐ 8 ounces sweet potatoes and into cubed peeled
- ☐ 9 ounces swiss chard trimmed chopped

Equipment

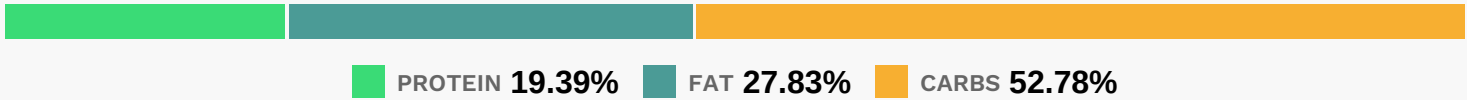
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Combine sweet potato, parsnip, carrot, 2 tablespoons vinegar, olive oil, and salt in a large bowl; toss well. Arrange vegetable mixture in a single layer on a foil-lined jelly-roll pan; bake at 375 for 30 minutes or until lightly browned, stirring occasionally. Set aside.
- ☐ Cook pancetta in a Dutch oven over medium-high heat 8 minutes or until crisp.
- ☐ Remove from pan with a slotted spoon; set aside.
- ☐ Add shallots and onion to drippings in pan; cook 15 minutes or until golden.
- ☐ Add thyme, garlic, remaining 1 tablespoon vinegar, and pepper, and cook 1 minute.
- ☐ Add wine, scraping pan to loosen browned bits.

- ☐ Add pancetta, lentils, and 4 cups broth to pan; bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- ☐ Add remaining 2 cups broth and roasted vegetables to pan, and simmer, uncovered, 15 minutes.
- ☐ Add chard, and cook 2 minutes or until wilted.

Nutrition Facts



Properties

Glycemic Index:73.74, Glycemic Load:13.81, Inflammation Score:-10, Nutrition Score:34.184782292532%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 418.58kcal (20.93%), Fat: 13g (20%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 55.46g (18.49%), Net Carbohydrates: 36.59g (13.3%), Sugar: 12.01g (13.34%), Cholesterol: 12.47mg (4.16%), Sodium: 765.78mg (33.29%), Alcohol: 1.03g (100%), Alcohol %: 0.24% (100%), Protein: 20.37g (40.74%), Vitamin K: 372.69µg (354.95%), Vitamin A: 14359.31IU (287.19%), Fiber: 18.87g (75.49%), Manganese: 1.29mg (64.42%), Folate: 253.39µg (63.35%), Potassium: 1652.1mg (47.2%), Vitamin C: 31.49mg (38.17%), Vitamin B1: 0.55mg (36.44%), Vitamin B6: 0.67mg (33.38%), Phosphorus: 323.26mg (32.33%), Magnesium: 125.85mg (31.46%), Iron: 5.31mg (29.49%), Copper: 0.47mg (23.57%), Zinc: 2.98mg (19.84%), Vitamin B5: 1.83mg (18.33%), Vitamin E: 2.69mg (17.92%), Vitamin B3: 2.97mg (14.86%), Vitamin B2: 0.23mg (13.28%), Selenium: 9.26µg (13.23%), Calcium: 114.19mg (11.42%), Vitamin B12: 0.09µg (1.57%)