



 **79%**
HEALTH SCORE

Lentil Soup with Broccoli Rabe

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 pound broccoli rabe cut into 1 1/2-inch lengths (2 quarts)
- 2 carrots chopped
- 2 ribs celery chopped
- 2 tablespoons cooking oil
- 1 clove garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 1 lemon zest grated

- 2 cups lentils
- 1 onion chopped
- 2.3 teaspoons salt
- 2 tablespoons tomato paste
- 2.5 quarts water

Equipment

- bowl
- sauce pan
- ladle
- pot

Directions

- In a large saucepan, heat the oil over moderately low heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Stir in the carrots, celery, and garlic and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes.
- Stir in the lentils, water, tomato paste, bay leaf, salt, and pepper. Bring to a boil. Reduce the heat and simmer, partially covered, stirring occasionally, until the lentils are tender, about 30 minutes.
- Meanwhile, in a large pot of boiling, salted water, cook the broccoli rabe until just tender, about 5 minutes.
- Drain.
- Stir the lemon zest into the soup.
- Remove the bay leaf. Ladle the soup into bowls and top each serving with some of the broccoli rabe.
- Variations
- Omit the broccoli rabe. Shred ten ounces of raw spinach, escarole, or Swiss chard leaves and stir them into the soup five minutes before it's done. : The lentil soup is also delicious on its own, without any greens at all.

Wine Recommendation: This is a great time to turn to an old friend, Beaujolais. The wine's frank fruitiness, soft texture, and lively acidity will contrast with the lentils and will blunt the bitterness of the broccoli rabe.

Nutrition Facts



Properties

Glycemic Index:67.36, Glycemic Load:9.28, Inflammation Score:-10, Nutrition Score:45.737391803576%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg Galliccatechin: 0.13mg, Galliccatechin: 0.13mg, Galliccatechin: 0.13mg, Galliccatechin: 0.13mg

Nutrients (% of daily need)

Calories: 460.79kcal (23.04%), Fat: 8.76g (13.48%), Saturated Fat: 0.8g (5%), Carbohydrates: 69.09g (23.03%), Net Carbohydrates: 34.57g (12.57%), Sugar: 6.3g (7.01%), Cholesterol: 0mg (0%), Sodium: 1482.43mg (64.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.04%), Vitamin K: 274.93µg (261.84%), Vitamin A: 8321.46IU (166.43%), Folate: 573.42µg (143.36%), Fiber: 34.52g (138.1%), Manganese: 1.88mg (94.12%), Vitamin B1: 1.07mg (71.07%), Iron: 10.15mg (56.4%), Phosphorus: 547.38mg (54.74%), Vitamin C: 35.52mg (43.05%), Vitamin B6: 0.83mg (41.61%), Potassium: 1417.4mg (40.5%), Magnesium: 160.64mg (40.16%), Zinc: 5.74mg (38.24%), Copper: 0.71mg (35.38%), Vitamin E: 4.14mg (27.62%), Vitamin B5: 2.61mg (26.08%), Vitamin B2: 0.4mg (23.53%), Vitamin B3: 4.54mg (22.7%), Calcium: 226.18mg (22.62%), Selenium: 9.9µg (14.14%)