



Lentil Soup with Cauliflower and Bacon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon thin
- 1 bay leaf
- 1.5 pounds cauliflower cut into small florets (1 quart)
- 1.5 teaspoons rosemary dried crumbled
- 0.3 cup parsley fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 1 cup lentils
- 1 onion chopped

- 2 teaspoons salt
- 9 cups water

Equipment

- paper towels
- pot
- slotted spoon

Directions

- In a large pot, cook the bacon strips until crisp.
- Remove the bacon with a slotted spoon and drain on paper towels. Discard all but 2 tablespoons of the bacon fat or, if there's less than 2 tablespoons, add enough olive oil to make up the amount.
- Reduce the heat to moderately low.
- Add the onion to the pot and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the lentils, salt, pepper, rosemary, bay leaf, and water to the pot. Bring to a boil. Reduce the heat and simmer, partially covered, stirring occasionally, for 15 minutes.
- Add the cauliflower florets and simmer, stirring occasionally, until the cauliflower and lentils are tender, about 15 minutes longer.
- Remove the bay leaf.
- Stir the parsley into the soup.
- Serve the soup topped with the bacon.
- Variation: Substitute broccoli florets for the cauliflower.
- Add them after the lentils have cooked for about twenty-five minutes and then simmer until the broccoli is tender, five to ten minutes longer.
- Wine Recommendation: Look to South Africa's native pinotage grape for something a little unusual to accompany this savory soup. Pinotage produces supple, spicy red wines with a smoky tang and a delicious berry fruitiness.

Nutrition Facts



■ PROTEIN 21.84% ■ FAT 34.31% ■ CARBS 43.85%

Properties

Glycemic Index:54.4, Glycemic Load:5.75, Inflammation Score:-9, Nutrition Score:32.407391781392%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 362.89kcal (18.14%), Fat: 14.16g (21.79%), Saturated Fat: 4.71g (29.42%), Carbohydrates: 40.72g (13.57%), Net Carbohydrates: 21.99g (8%), Sugar: 5.43g (6.04%), Cholesterol: 21.78mg (7.26%), Sodium: 1465.67mg (63.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.56%), Vitamin C: 92.82mg (112.51%), Vitamin K: 111.08µg (105.79%), Folate: 339.88µg (84.97%), Fiber: 18.73g (74.91%), Manganese: 0.97mg (48.54%), Vitamin B1: 0.61mg (40.83%), Phosphorus: 349.97mg (35%), Vitamin B6: 0.7mg (34.95%), Potassium: 1102.57mg (31.5%), Iron: 4.88mg (27.11%), Magnesium: 98.96mg (24.74%), Vitamin B5: 2.4mg (24%), Zinc: 3.3mg (22.02%), Copper: 0.44mg (21.78%), Vitamin B3: 3.54mg (17.7%), Selenium: 11.79µg (16.85%), Vitamin B2: 0.24mg (14.29%), Calcium: 97.11mg (9.71%), Vitamin A: 456.08IU (9.12%), Vitamin E: 0.56mg (3.72%), Vitamin B12: 0.17µg (2.75%)