



Lentil Soup with Cheese Biscuits



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 6 servings cheese biscuits
- ☐ 1 pound lentils dried
- ☐ 8 cloves garlic minced
- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 7.5 cups water

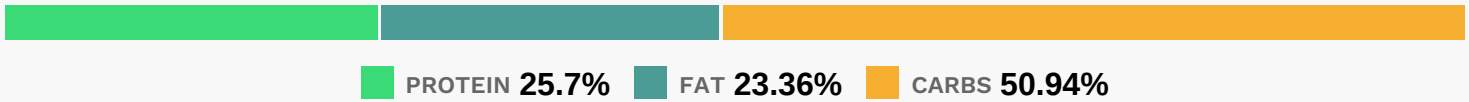
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 35 to 40 minutes or until lentils are tender. Stir in salt.
- ☐ Transfer 2 cups lentil mixture to container of an electric blender; cover and process until pureed. Stir pureed mixture into remaining lentil mixture.
- ☐ To serve, ladle soup into individual bowls and top each serving with a Cheese Biscuit.

Nutrition Facts



Properties

Glycemic Index:31.24, Glycemic Load:7.87, Inflammation Score:-10, Nutrition Score:32.001304636831%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 425.72kcal (21.29%), Fat: 11.13g (17.13%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 54.61g (18.2%), Net Carbohydrates: 29.92g (10.88%), Sugar: 4.95g (5.5%), Cholesterol: 30mg (10%), Sodium: 426.88mg (18.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.1%), Fiber: 24.69g (98.75%), Folate: 382.75µg (95.69%), Vitamin A: 3896.37IU (77.93%), Manganese: 1.2mg (59.82%), Phosphorus: 507.67mg (50.77%), Vitamin B1: 0.72mg (47.7%), Iron: 6.01mg (33.39%), Zinc: 4.93mg (32.9%), Calcium: 290.71mg (29.07%), Vitamin B6: 0.57mg (28.62%), Magnesium: 112.47mg (28.12%), Potassium: 909.5mg (25.99%), Copper: 0.49mg (24.72%), Selenium:

15.63µg (22.33%), Vitamin B2: 0.32mg (19.02%), Vitamin B5: 1.89mg (18.92%), Vitamin C: 9.78mg (11.85%), Vitamin B3: 2.29mg (11.43%), Vitamin K: 7.87µg (7.5%), Vitamin B12: 0.32µg (5.3%), Vitamin E: 0.75mg (5.01%), Vitamin D: 0.18µg (1.2%)