



 **70%**
HEALTH SCORE

Lentil Soup with Coriander and Cumin

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 large carrots sliced
- 1 rib celery chopped
- 0.3 teaspoon cilantro leaves minced
- 2 cups green lentils uncooked
- 2 cloves garlic minced
- 1 teaspoon ground coriander
- 0.5 teaspoon ground cumin

- 2 teaspoons red wine vinegar
- 1 large onion chopped
- 8 servings pepper freshly ground to taste
- 8 servings salt to taste
- 4 ounces pkt spinach fresh chopped (if large leaves)
- 2 vegetable cube (use if water is used instead of broth)
- 8 cups vegetable stock
- 2 large potatoes – remove skin red cut into large cubes

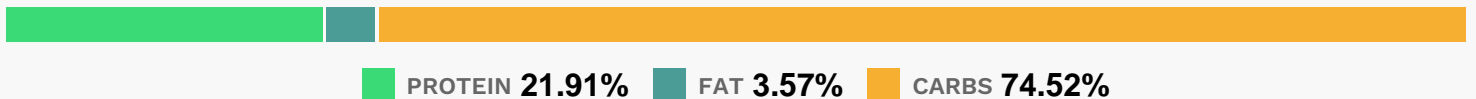
Equipment

- stove
- pressure cooker

Directions

- Add all ingredients except the additional seasonings, salt, spinach, and vinegar into the cooker and bring to a boil. Seal the cooker and cook at high pressure for 10 minutes.
- Remove from heat and allow to sit for 5 minutes before using a quick-release method to release the pressure. (If you don't have a pressure cooker, you can simply cook this on the stove until the lentils are tender, about an hour.) Check to make sure the lentils and potatoes are tender; if not, cook, covered but not at pressure, until done, adding water if it seems too thick.
- Remove the bay leaves, and add the additional seasonings, salt, and spinach. Check the seasonings, adding more cumin and coriander as needed. Cook for just a few minutes to wilt the spinach. Stir in the vinegar or lemon juice and serve.

Nutrition Facts



Properties

Glycemic Index:38.3, Glycemic Load:5.98, Inflammation Score:-10, Nutrition Score:28.263478403506%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 270.9kcal (13.55%), Fat: 1.1g (1.68%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 51.38g (17.13%), Net Carbohydrates: 33.77g (12.28%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 1352.2mg (58.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.21%), Vitamin A: 4888.76IU (97.78%), Vitamin K: 77.65µg (73.95%), Folate: 282.91µg (70.73%), Fiber: 17.61g (70.43%), Manganese: 0.99mg (49.4%), Vitamin B1: 0.53mg (35.29%), Potassium: 1065.62mg (30.45%), Phosphorus: 295.72mg (29.57%), Iron: 4.94mg (27.47%), Vitamin B6: 0.51mg (25.26%), Magnesium: 96.36mg (24.09%), Copper: 0.42mg (20.79%), Vitamin C: 16.95mg (20.54%), Zinc: 2.79mg (18.57%), Vitamin B5: 1.38mg (13.84%), Vitamin B3: 2.65mg (13.23%), Vitamin B2: 0.18mg (10.43%), Selenium: 4.9µg (7%), Calcium: 67.53mg (6.75%), Vitamin E: 0.67mg (4.49%)