



Lentil Soup with Golden Beets and Rutabaga



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



265 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 2 carrots peeled sliced
- ☐ 1 cup lentils dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 bulb fennel diced
- ☐ 1 bunch parsley fresh finely chopped
- ☐ 1 golden beets diced peeled
- ☐ 6 servings salt and ground pepper black to taste

- ☐ 2 tablespoons olive oil
- ☐ 1 large onion diced
- ☐ 2 parsnips peeled sliced
- ☐ 0.5 large rutabaga diced
- ☐ 4 cups vegetable broth

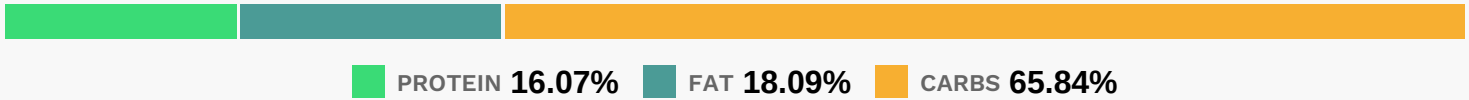
Equipment

- ☐ pot

Directions

- ☐ Cook and stir olive oil, onion, carrots, parsnips, beet, rutabaga, and fennel in a soup pot over medium heat until vegetables begin to soften, about five minutes.
- ☐ Mix vegetable broth into vegetables and bring to a boil.
- ☐ Add lentils, dried thyme, bay leaves, and parsley. Reduce heat to low and simmer until lentils are tender, about 35 minutes. Season with salt and ground black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:73.41, Glycemic Load:12.27, Inflammation Score:-10, Nutrition Score:29.426521778107%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 22.95mg, Apigenin: 22.95mg, Apigenin: 22.95mg, Apigenin: 22.95mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 264.79kcal (13.24%), Fat: 5.52g (8.5%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 45.22g (15.07%), Net Carbohydrates: 28.5g (10.37%), Sugar: 11.89g (13.21%), Cholesterol: 0mg (0%), Sodium: 692.91mg (30.13%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.07%), Vitamin K: 200.21µg (190.67%), Vitamin A: 4606.1IU (92.12%), Fiber: 16.72g (66.88%), Folate: 250.08µg (62.52%), Vitamin C: 47.35mg (57.39%), Manganese: 1.01mg (50.7%), Potassium: 1057.53mg (30.22%), Vitamin B1: 0.43mg (28.35%), Phosphorus: 260.22mg (26.02%), Iron: 4.2mg (23.33%), Magnesium: 86.66mg (21.66%), Vitamin B6: 0.38mg (18.94%), Copper: 0.32mg (15.98%), Zinc: 2.31mg (15.42%), Vitamin E: 2.24mg (14.92%), Vitamin B5: 1.34mg (13.35%), Vitamin B3: 2.3mg (11.49%), Calcium: 112.61mg (11.26%), Vitamin B2: 0.17mg (9.73%), Selenium: 4.57µg (6.53%)