



Lentil Soup with Italian Sausage and Escarole



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium carrots finely chopped
- ☐ 2 rib celery stalks finely chopped
- ☐ 6 servings croutons
- ☐ 4 cups endive packed chopped
- ☐ 4 garlic clove divided finely chopped
- ☐ 1 pound ground sausage sweet italian cut into 1-inch pieces
- ☐ 11 ounces lentils rinsed well
- ☐ 3.5 cups chicken broth reduced-sodium

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 1 tablespoons red-wine vinegar
- ☐ 2 tablespoons tomato paste
- ☐ 1 bay leaves
- ☐ 5 cups water

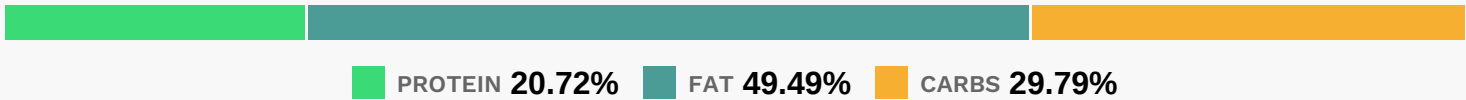
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Simmer lentils, water, broth, bay leaf, and half of garlic in a 4-quart pot, uncovered, 12 minutes.
- ☐ Meanwhile, heat oil in a wide heavy 5- to 6-quart pot over medium-high heat until it shimmers. Brown sausage, about 7 minutes.
- ☐ Transfer sausage with a slotted spoon to a bowl.
- ☐ Reduce heat to medium and cook onion, carrots, celery, remaining garlic, 1 teaspoon salt, and 1/2 teaspoon pepper, stirring occasionally, until softened, about 5 minutes. Stir in tomato paste and cook, stirring, 2 minutes.
- ☐ Add sausage and lentils with cooking liquid and simmer, uncovered, until lentils are tender, 3 to 5 minutes.
- ☐ Stir in escarole and cook until tender, about 3 minutes. Stir in vinegar to taste and season with salt and pepper. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:58.41, Glycemic Load:6.02, Inflammation Score:-10, Nutrition Score:34.354782436205%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 541.65kcal (27.08%), Fat: 29.97g (46.1%), Saturated Fat: 9.54g (59.65%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 22.49g (8.18%), Sugar: 3.73g (4.15%), Cholesterol: 57.46mg (19.15%), Sodium: 679.02mg (29.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.22g (56.45%), Vitamin A: 4223.9IU (84.48%), Vitamin K: 85.9µg (81.81%), Folate: 311.85µg (77.96%), Fiber: 18.09g (72.35%), Vitamin B1: 0.95mg (63.01%), Manganese: 0.99mg (49.26%), Phosphorus: 413.76mg (41.38%), Selenium: 24.18µg (34.55%), Iron: 5.76mg (31.97%), Vitamin B3: 6.29mg (31.43%), Vitamin B6: 0.62mg (30.75%), Potassium: 1067.83mg (30.51%), Zinc: 4.41mg (29.37%), Copper: 0.51mg (25.44%), Magnesium: 89.82mg (22.46%), Vitamin B2: 0.33mg (19.59%), Vitamin B5: 1.9mg (19%), Vitamin B12: 0.83µg (13.76%), Vitamin C: 10.34mg (12.54%), Vitamin E: 1.44mg (9.62%), Calcium: 89.16mg (8.92%)