



Lentil Soup with Lemon



Vegetarian



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large carrots diced
- ☐ 32 ounce carton chicken broth
- ☐ 0.1 teaspoon chili powder to taste
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt to taste

- ☐ 2 tablespoons juice of lemon to taste
- ☐ 4 teaspoons olive oil extra-virgin for drizzling
- ☐ 1 large onion chopped
- ☐ 1 cup lentils red
- ☐ 1 tablespoon tomato paste

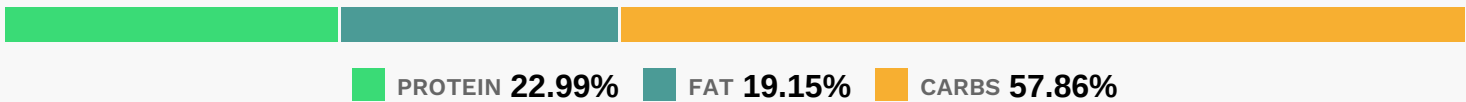
Equipment

- ☐ pot
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Heat 3 tablespoons of olive oil in a large pot over medium-high heat. Stir in the onion and garlic, and cook until the onion has turned golden brown, about 5 minutes. Stir in the tomato paste, cumin, kosher salt, black pepper, and 1/8 teaspoon of chili powder. Cook and stir 2 minutes more until the spices are fragrant.
- ☐ Stir in the chicken broth, lentils, and carrot. Bring to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lentils are soft, about 30 minutes.
- ☐ Pour half of the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot. Do not puree all of the soup, leave it a little chunky.
- ☐ Stir in the lemon juice and cilantro, then season to taste with salt.
- ☐ Drizzle with olive oil and a sprinkle of chili powder to serve.

Nutrition Facts



Properties

Glycemic Index:60.61, Glycemic Load:5.05, Inflammation Score:-10, Nutrition Score:20.352173815603%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 239.8kcal (11.99%), Fat: 5.2g (8.01%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 20.18g (7.34%), Sugar: 5.04g (5.6%), Cholesterol: 4.54mg (1.51%), Sodium: 1037.41mg (45.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.05g (28.11%), Vitamin A: 3137.31IU (62.75%), Fiber: 15.2g (60.8%), Folate: 228.39µg (57.1%), Manganese: 0.85mg (42.52%), Vitamin B1: 0.48mg (32.03%), Phosphorus: 238.44mg (23.84%), Iron: 4.22mg (23.44%), Potassium: 650.68mg (18.59%), Vitamin B6: 0.35mg (17.39%), Magnesium: 67.8mg (16.95%), Zinc: 2.49mg (16.62%), Copper: 0.32mg (15.9%), Vitamin B2: 0.26mg (15.36%), Vitamin C: 10.18mg (12.34%), Vitamin B5: 1.11mg (11.07%), Vitamin B3: 2.06mg (10.32%), Vitamin K: 8.89µg (8.47%), Vitamin E: 1.25mg (8.32%), Selenium: 5.33µg (7.61%), Calcium: 59.19mg (5.92%)