



 **72%**
HEALTH SCORE

Lentil Soup with Pancetta and Parmesan

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



7

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 3 cups less-sodium chicken broth fat-free divided
- 3 garlic cloves minced
- 38 ounce lentil soup fat-free 99% canned (such as Progresso)
- 0.8 cup onion chopped (1 small)
- 0.3 cup pancetta diced
- 0.3 cup parmesan cheese grated
- 0.5 cup water

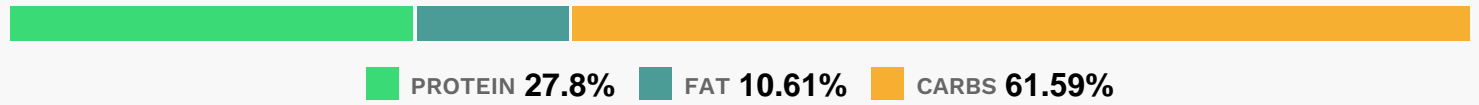
Equipment

- bowl
- frying pan
- sauce pan
- ladle

Directions

- Place first 3 ingredients in a large saucepan; cook over medium heat 9 minutes or until onion is golden.
- Add 1 cup broth, scraping pan to loosen browned bits. Stir in remaining 2 cups broth, water, soup, and bay leaf; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes. Discard bay leaf. Ladle soup into individual bowls; sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:11.66, Glycemic Load:11.67, Inflammation Score:-9, Nutrition Score:39.916956446741%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg, Gallocatechin: 0.22mg

Nutrients (% of daily need)

Calories: 617.98kcal (30.9%), Fat: 7.29g (11.22%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 95.22g (31.74%), Net Carbohydrates: 47.96g (17.44%), Sugar: 4.01g (4.46%), Cholesterol: 10.54mg (3.51%), Sodium: 545.97mg (23.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.98g (85.96%), Fiber: 47.26g (189.04%), Folate: 741.68µg (185.42%), Manganese: 2.11mg (105.33%), Vitamin B1: 1.39mg (92.86%), Phosphorus: 750.6mg (75.06%), Iron: 11.87mg (65.92%), Zinc: 7.71mg (51.4%), Magnesium: 193.55mg (48.39%), Vitamin B6: 0.91mg (45.71%), Potassium: 1558.04mg (44.52%), Copper: 0.84mg (41.83%), Vitamin B5: 3.51mg (35.13%), Selenium: 18.7µg (26.71%), Vitamin B3: 5.04mg (25.18%), Vitamin B2: 0.37mg (21.92%), Calcium: 129.1mg (12.91%), Vitamin C: 8.45mg (10.24%), Vitamin K:

7.85µg (7.47%), Vitamin E: 0.83mg (5.5%), Vitamin B12: 0.3µg (4.99%), Vitamin A: 96.42IU (1.93%)