



 **100%**
HEALTH SCORE

Lentil Soup With Peas and Ham

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

READY IN



40 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium carrots diced
- 2 stalks celery diced
- 4 ounces ham diced
- 3 tablespoons optional: dill fresh chopped
- 1 cup peas fresh frozen thawed (if)
- 4 servings kosher salt and pepper freshly ground
- 1 cup lentils dried red yellow picked over rinsed
- 4 cups chicken broth low-sodium

- 1 tablespoon olive oil extra-virgin
- 1 medium onion chopped
- 3 tablespoons yogurt plain
- 1 pound yukon gold potatoes diced (3 to 4 medium potatoes)

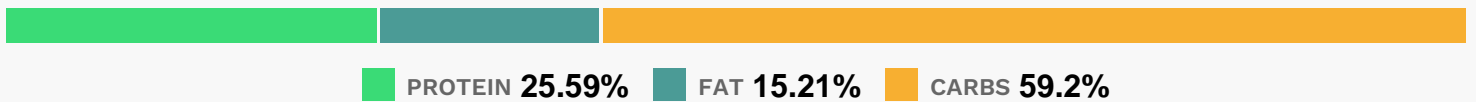
Equipment

- bowl
- ladle
- pot

Directions

- Heat the olive oil in a large pot over medium-high heat.
- Add the ham, onion and 2 tablespoons dill; cook, stirring frequently, until the onion is golden, about 5 minutes.
- Add the celery, carrots, potatoes, 1/2 cup water and 1/4 teaspoon each salt and pepper. Cover and cook, stirring occasionally, until the vegetables are just soft, 8 to 10 minutes.
- Add the chicken broth, 1 1/2 cups water and the lentils; cover and bring to a simmer. Uncover and cook until the potatoes are tender and the lentils begin to fall apart, 12 to 15 more minutes. Stir in the peas, yogurt and the remaining 1 tablespoon dill. Ladle the soup into bowls.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:73.13, Glycemic Load:21.15, Inflammation Score:-10, Nutrition Score:33.294347580684%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg
Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 420.78kcal (21.04%), Fat: 7.31g (11.25%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 64.01g (21.34%), Net Carbohydrates: 43.16g (15.7%), Sugar: 8.3g (9.23%), Cholesterol: 17.14mg (5.71%), Sodium: 690.94mg (30.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.67g (55.35%), Vitamin A: 5521.98IU (110.44%), Fiber: 20.85g (83.4%), Folate: 291.35µg (72.84%), Manganese: 1.07mg (53.26%), Vitamin C: 43.74mg (53.01%), Vitamin B1: 0.65mg (43.18%), Phosphorus: 428.96mg (42.9%), Potassium: 1442.51mg (41.21%), Vitamin B6: 0.77mg (38.69%), Vitamin B3: 6.85mg (34.24%), Iron: 5.95mg (33.07%), Copper: 0.59mg (29.46%), Magnesium: 109.54mg (27.39%), Vitamin K: 25.68µg (24.45%), Zinc: 3.55mg (23.64%), Vitamin B2: 0.31mg (18.52%), Vitamin B5: 1.63mg (16.26%), Calcium: 102.31mg (10.23%), Selenium: 5.56µg (7.94%), Vitamin E: 1.07mg (7.12%), Vitamin B12: 0.29µg (4.86%)