



HEALTH SCORE

95%

Lentil Soup with Roasted Vegetables



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.3 cups brown lentils dried



1 pound eggplant unpeeled quartered



4 large garlic clove peeled



0.5 large bell pepper green seeded quartered



4 teaspoons ground cumin



2 tablespoons olive oil



1 large onion cut into 8 wedges



0.5 cup yogurt plain

- ☐ 4 large plum tomatoes quartered
- ☐ 5 cups water ()

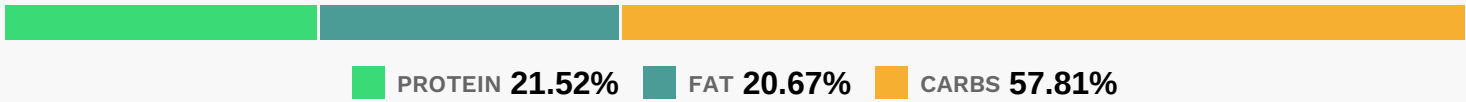
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Preheat oven to 450°F. Arrange first 5 ingredients on large nonstick baking sheet.
- ☐ Drizzle with oil. Roast vegetables 20 minutes. Turn vegetables over and roast until tender and brown around edges, stirring occasionally, about 20 minutes longer. Cool slightly (do not clean baking sheet).
- ☐ Scoop eggplant pulp from peel into processor; discard peel.
- ☐ Add onion and garlic to processor; purée until smooth.
- ☐ Transfer eggplant mixture to large saucepan. Coarsely chop tomatoes and bell pepper; combine in small bowl.
- ☐ Add 1 cup water to baking sheet; stir to scrape up any browned bits.
- ☐ Add to saucepan with eggplant mixture.
- ☐ Add 4 cups water, lentils and cumin and bring to boil. Reduce heat, cover and simmer until lentils are almost tender, about 30 minutes.
- ☐ Mix in all but 1/4 cup tomato and bell pepper mixture. Simmer uncovered until lentils are very tender, thinning with more water if soup is too thick, about 10 minutes longer. Season with salt and pepper.
- ☐ Ladle soup into bowls.
- ☐ Drizzle large spoonful of yogurt over each. Top with remaining 1/4 cup tomato and bell pepper mixture and serve.
- ☐ Per serving: calories, 234; total fat, 6 g; saturated fat, 1 g; cholesterol,

Nutrition Facts



Properties

Glycemic Index:27.43, Glycemic Load:4.75, Inflammation Score:-8, Nutrition Score:19.596521626348%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 240.94kcal (12.05%), Fat: 5.7g (8.77%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 20.07g (7.3%), Sugar: 7.57g (8.42%), Cholesterol: 0.41mg (0.14%), Sodium: 35.64mg (1.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.7%), Fiber: 15.8g (63.21%), Folate: 223.19µg (55.8%), Manganese: 0.88mg (44.12%), Vitamin B1: 0.44mg (29.03%), Vitamin C: 22.83mg (27.68%), Phosphorus: 260.21mg (26.02%), Iron: 4.36mg (24.24%), Potassium: 797.47mg (22.78%), Vitamin B6: 0.41mg (20.73%), Magnesium: 79.03mg (19.76%), Copper: 0.36mg (18.21%), Zinc: 2.47mg (16.46%), Vitamin B5: 1.29mg (12.92%), Vitamin K: 11.98µg (11.41%), Vitamin B2: 0.19mg (10.89%), Calcium: 103.08mg (10.31%), Vitamin B3: 1.97mg (9.87%), Vitamin E: 1.42mg (9.46%), Vitamin A: 446.9IU (8.94%), Selenium: 4.76µg (6.8%), Vitamin B12: 0.12µg (2.08%)