



Lentil Soup with Smoked Sausage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1.5 cups canned tomatoes diced canned drained one 15-ounce can
- ☐ 1 carrots chopped
- ☐ 2 ribs celery chopped
- ☐ 2 tablespoons cooking oil
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.5 pound kielbasa smoked
- ☐ 2.3 cups lentils

- ☐ 1 large onion chopped
- ☐ 1.8 teaspoons salt
- ☐ 4 teaspoons summer savory dried fresh chopped
- ☐ 2.5 quarts water

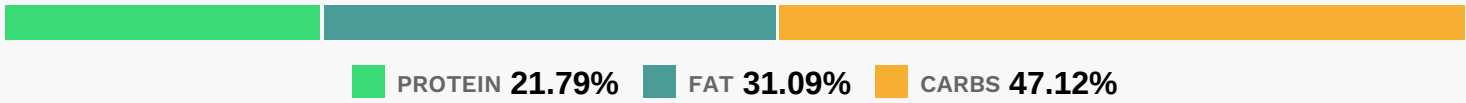
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot, heat the oil over moderate heat.
- ☐ Add the celery, onion, and carrot and cook, stirring occasionally, until the onion is translucent, 5 to 10 minutes.
- ☐ Add the lentils, tomatoes, water, dried savory, if using, bay leaf, salt, and pepper. Bring to a simmer. Reduce the heat and cook, partially covered, until the lentils are tender, about 40 minutes.
- ☐ Meanwhile, heat a large nonstick frying pan over moderately high heat.
- ☐ Add the sausage and cook, turning, until browned, about 3 minutes in all.
- ☐ Remove. When the sausage is cool enough to handle, cut it crosswise into 1/4-inch-thick slices.
- ☐ Stir the sausage and fresh savory, if using, into the soup and simmer it for 5 minutes longer.
- ☐ Remove the bay leaf. If the soup is too thick for your taste, thin it with additional water.
- ☐ Wine Recommendation: The inexpensive red wines called Ctes-du-Rhne--from a district of the same name in the south of France--tend to have earthy and spicy flavors that will nicely balance those of the lentils and sausages.

Nutrition Facts



Properties

Glycemic Index:40.61, Glycemic Load:9.51, Inflammation Score:-10, Nutrition Score:43.882173538208%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg 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: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 681.06kcal (34.05%), Fat: 23.77g (36.57%), Saturated Fat: 6.12g (38.25%), Carbohydrates: 81.05g (27.02%), Net Carbohydrates: 42.32g (15.39%), Sugar: 7g (7.77%), Cholesterol: 40.26mg (13.42%), Sodium: 1692.44mg (73.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.48g (74.96%), Fiber: 38.74g (154.94%), Folate: 563.24µg (140.81%), Manganese: 1.99mg (99.6%), Vitamin B1: 1.22mg (81.14%), Iron: 11.95mg (66.38%), Phosphorus: 611.03mg (61.1%), Vitamin A: 3042.28IU (60.85%), Vitamin B6: 0.97mg (48.57%), Zinc: 7.08mg (47.19%), Magnesium: 185.89mg (46.47%), Potassium: 1555.32mg (44.44%), Copper: 0.84mg (42.13%), Vitamin B3: 5.85mg (29.25%), Vitamin B5: 2.89mg (28.91%), Selenium: 17.33µg (24.76%), Vitamin C: 20.07mg (24.33%), Vitamin B2: 0.41mg (24.29%), Calcium: 240.47mg (24.05%), Vitamin K: 21.43µg (20.41%), Vitamin E: 2.55mg (16.99%), Vitamin B12: 0.86µg (14.27%), Vitamin D: 0.62µg (4.16%)