



Lentil Soup with Tubetti and Bacon

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon
- ☐ 2 carrots cut into 1-inch pieces
- ☐ 2 ribs celery cut into 1-inch pieces
- ☐ 1.5 quarts chicken broth low-sodium homemade canned
- ☐ 1 teaspoon rosemary dried fresh chopped
- ☐ 6 cloves garlic peeled
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 2.3 cups lentils

- ☐ 0.5 pound mushrooms sliced
- ☐ 2 onions cut into 1-inch chunks
- ☐ 0.3 teaspoon red-pepper flakes dried
- ☐ 2 teaspoons salt
- ☐ 1 cup tomatoes in purée thick canned chopped
- ☐ 0.5 cup tubetti
- ☐ 3 cups water

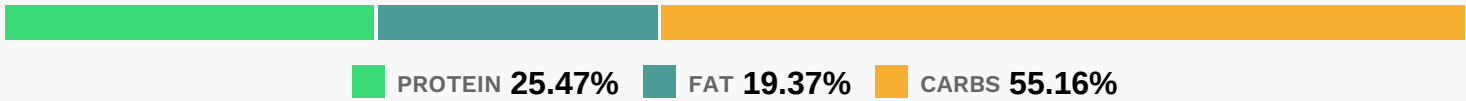
Equipment

- ☐ pot

Directions

- ☐ In a large pot, cook the bacon over moderate heat until crisp.
- ☐ Remove.
- ☐ Pour off all but 2 tablespoons of the fat.
- ☐ Add the carrots, onions, celery, mushrooms, and garlic. Cook, stirring occasionally, until the vegetables start to soften, about 5 minutes.
- ☐ Add the lentils, broth, water, rosemary, tomatoes, salt, red-pepper flakes, black pepper, and bacon. Bring to a boil. Reduce the heat and simmer for 15 minutes.
- ☐ Add the pasta and simmer until the lentils are tender and the pasta is done, 10 to 15 minutes longer.
- ☐ Add shredded spinach or escarole leaves during the last few minutes of cooking.
- ☐ Wine Recommendation: The nebbiolo grape produces wine with complex notes including smoke, truffle, and dried red cherry. A light-bodied version, such as one from Valtellina, is an excellent match.

Nutrition Facts



Properties

Glycemic Index:65.61, Glycemic Load:12.42, Inflammation Score:-10, Nutrition Score:49.827826199324%

Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 695.6kcal (34.78%), Fat: 15.34g (23.6%), Saturated Fat: 4.72g (29.49%), Carbohydrates: 98.26g (32.75%), Net Carbohydrates: 59.68g (21.7%), Sugar: 10.97g (12.19%), Cholesterol: 18.71mg (6.24%), Sodium: 1598.04mg (69.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.37g (90.74%), Fiber: 38.58g (154.31%), Folate: 580.01µg (145%), Vitamin A: 5409.36IU (108.19%), Manganese: 1.98mg (99.11%), Vitamin B1: 1.22mg (81.21%), Phosphorus: 784.23mg (78.42%), Vitamin B3: 12.4mg (62.02%), Iron: 10.92mg (60.64%), Copper: 1.19mg (59.55%), Potassium: 2070.22mg (59.15%), Vitamin B6: 1.07mg (53.29%), Zinc: 6.96mg (46.39%), Magnesium: 182.46mg (45.62%), Selenium: 29.98µg (42.83%), Vitamin B2: 0.68mg (40.2%), Vitamin B5: 3.86mg (38.58%), Vitamin C: 19.58mg (23.74%), Vitamin K: 19.34µg (18.42%), Calcium: 149.31mg (14.93%), Vitamin E: 1.77mg (11.77%), Vitamin B12: 0.52µg (8.66%), Vitamin D: 0.23µg (1.51%)