



 **58%**
HEALTH SCORE

Lentil Vegetable Soup

 Gluten Free

READY IN



125 min.

SERVINGS



10

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 3 cups medium-diced carrots (4 to 6 carrots)
- 3 cups medium-diced celery (8 stalks)
- 3 quarts chicken stock see
- 1 pound green lentils french
- 1 tablespoon thyme leaves dried fresh minced
- 3 cloves garlic minced
- 1 teaspoon ground cumin

- 1 tablespoon kosher salt
- 4 cups leeks white chopped (2 leeks)
- 0.3 cup olive oil good for drizzling on top
- 10 servings parmesan cheese freshly grated
- 2 tablespoons red wine vinegar
- 0.3 cup tomato paste
- 4 cups onions yellow chopped (3 large onions)

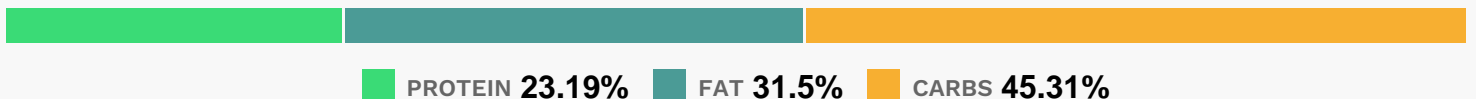
Equipment

- bowl
- pot

Directions

- Watch how to make this recipe.
- In a large bowl, cover the lentils with boiling water and allow to sit for 15 minutes.
- Drain.
- In a large stockpot on medium heat, saute the onions, leeks, and garlic with the olive oil, salt, pepper, thyme, and cumin for 20 minutes, until the vegetables are translucent and very tender.
- Add the celery and carrots and saute for 10 more minutes.
- Add the chicken stock, tomato paste, and lentils. Cover and bring to a boil. Reduce the heat and simmer uncovered for 1 hour, until the lentils are cooked through. Check the seasonings.
- Add the red wine and serve hot, drizzled with olive oil and sprinkled with grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:31.94, Glycemic Load:7.98, Inflammation Score:-10, Nutrition Score:34.749130290488%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg, Quercetin: 13.24mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

Nutrients (% of daily need)

Calories: 513.15kcal (25.66%), Fat: 18.1g (27.85%), Saturated Fat: 6.46g (40.38%), Carbohydrates: 58.6g (19.53%), Net Carbohydrates: 41g (14.91%), Sugar: 12.57g (13.97%), Cholesterol: 34.62mg (11.54%), Sodium: 1744.47mg (75.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.99g (59.98%), Vitamin A: 7569IU (151.38%), Folate: 287.61µg (71.9%), Fiber: 17.61g (70.42%), Phosphorus: 532.42mg (53.24%), Manganese: 1.06mg (53.18%), Vitamin B1: 0.59mg (39.57%), Calcium: 370.31mg (37.03%), Vitamin K: 38.8µg (36.95%), Vitamin B6: 0.71mg (35.35%), Potassium: 1228.88mg (35.11%), Vitamin B3: 6.61mg (33.07%), Iron: 5.75mg (31.96%), Selenium: 21.85µg (31.21%), Vitamin B2: 0.52mg (30.8%), Zinc: 4.23mg (28.19%), Magnesium: 106.98mg (26.75%), Copper: 0.53mg (26.67%), Vitamin C: 17.64mg (21.39%), Vitamin E: 2.21mg (14.71%), Vitamin B5: 1.4mg (13.98%), Vitamin B12: 0.41µg (6.75%)