



## Lentil-Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup onion chopped
- ☐ 2 teaspoons chili powder
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ground cumin
- ☐ 2 cloves garlic finely chopped
- ☐ 6 oz sacramento tomato juice canned
- ☐ 3 cups water
- ☐ 8 oz lentils dried rinsed

- ☐ 2 cups canned tomatoes    diced organic undrained (from 28-oz can)
- ☐ 4 oz chilis    green undrained chopped canned
- ☐ 1 cup corn    fresh whole
- ☐ 2 small zucchini    cut into julienne strips (2 cups)

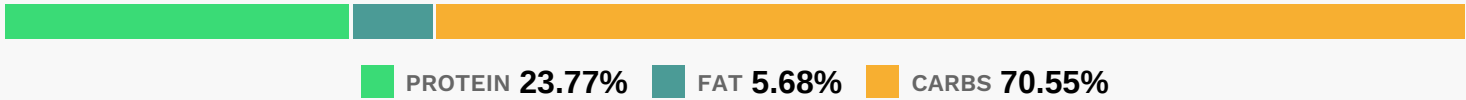
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat onion, chili powder, salt, cumin, garlic and tomato juice to boiling. Reduce heat; cover and simmer 5 minutes.
- ☐ Stir in water, lentils, tomatoes and chiles.
- ☐ Heat to boiling. Reduce heat; cover and simmer 20 minutes.
- ☐ Stir in corn. Cover; simmer 10 minutes. Stir in zucchini. Cover; simmer about 5 minutes or until lentils and zucchini are tender.

Nutrition Facts



Properties

Glycemic Index:28.49, Glycemic Load:5.52, Inflammation Score:-8, Nutrition Score:20.331739073214%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 208.51kcal (10.43%), Fat: 1.38g (2.12%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 23.81g (8.66%), Sugar: 7.51g (8.34%), Cholesterol: 0mg (0%), Sodium: 636.74mg (27.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.91%), Fiber: 14.63g (58.52%), Folate: 229.43µg (57.36%),

Manganese: 0.83mg (41.42%), Vitamin C: 30.52mg (36.99%), Vitamin B1: 0.45mg (29.68%), Iron: 4.89mg (27.14%), Vitamin B6: 0.5mg (25.16%), Potassium: 877.26mg (25.06%), Phosphorus: 241.59mg (24.16%), Copper: 0.43mg (21.59%), Magnesium: 82.28mg (20.57%), Zinc: 2.39mg (15.96%), Vitamin B3: 2.78mg (13.91%), Vitamin B5: 1.24mg (12.45%), Vitamin A: 620.75IU (12.42%), Vitamin B2: 0.19mg (11.33%), Vitamin E: 1.6mg (10.69%), Vitamin K: 9.35µg (8.91%), Calcium: 82.06mg (8.21%), Selenium: 4.27µg (6.1%)