




 **62%**
HEALTH SCORE

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

- 2 cups canned tomatoes diced organic undrained (from 28-oz can)
- 4.5 oz chilis green undrained chopped canned
- 2 teaspoons chili powder
- 8 oz lentils dried rinsed
- 2 cloves garlic finely chopped
- 1 teaspoon ground cumin
- 1 cup onion chopped
- 1 teaspoon salt

- 6 oz sacramento tomato juice canned
- 3 cups water
- 1 cup corn fresh whole
- 2 small zucchini cut into julienne strips (2 cups)

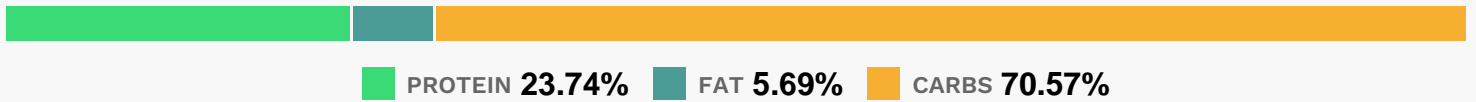
Equipment

- 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:20.428260823955%

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: 209kcal (10.45%), Fat: 1.38g (2.13%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 23.88g (8.68%), Sugar: 7.51g (8.34%), Cholesterol: 0mg (0%), Sodium: 646.11mg (28.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.94%), Fiber: 14.67g (58.68%), Folate: 230.7µg (57.68%),

Manganese: 0.83mg (41.42%), Vitamin C: 31.33mg (37.97%), Vitamin B1: 0.45mg (29.69%), Iron: 4.92mg (27.32%), Vitamin B6: 0.51mg (25.3%), Potassium: 879.93mg (25.14%), Phosphorus: 241.85mg (24.19%), Copper: 0.43mg (21.59%), Magnesium: 82.37mg (20.59%), Zinc: 2.4mg (15.98%), Vitamin B3: 2.8mg (13.99%), Vitamin B5: 1.25mg (12.47%), Vitamin A: 623.73IU (12.47%), Vitamin B2: 0.19mg (11.37%), Vitamin E: 1.6mg (10.69%), Vitamin K: 9.35µg (8.91%), Calcium: 82.91mg (8.29%), Selenium: 4.28µg (6.11%)