

 **100%**
HEALTH SCORE

Leslie's Ham Lentil Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



6

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon bay leaf crushed
- 1 cup carrots chopped
- 2 stalks celery chopped
- 2.7 tablespoons chicken soup base
- 1 teaspoon marjoram dried
- 1 bell pepper green chopped
- 1 ham bone with some meat
- 2 cups lentils

0.5 onion chopped

8 cups water

Equipment

pot

Directions

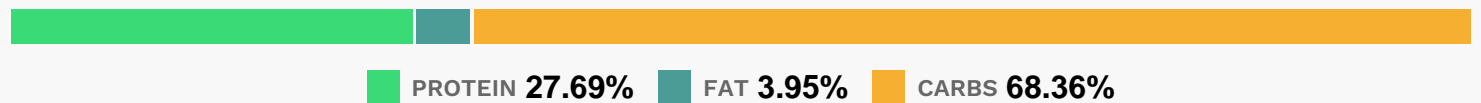
Bring water and chicken bouillon granules to a boil in a stock pot, stirring to dissolve bouillon.

Place ham bone in boiling broth, reduce heat to medium-low, and stir in lentils. Simmer until lentils begin to soften, about 10 minutes.

Stir celery, carrots, green bell pepper, onion, marjoram, and bay leaf into broth and simmer until lentils and vegetables are tender, 10 to 20 minutes. Turn off heat and remove ham bone from soup.

Cut ham from the bone, cube the meat, and return meat to soup, discarding the bone.

Nutrition Facts



Properties

Glycemic Index:23.41, Glycemic Load:5.64, Inflammation Score:-10, Nutrition Score:25.353043809533%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg

Nutrients (% of daily need)

Calories: 250.16kcal (12.51%), Fat: 1.11g (1.7%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 43.08g (14.36%), Net Carbohydrates: 22.25g (8.09%), Sugar: 3.74g (4.16%), Cholesterol: 0.29mg (0.1%), Sodium: 576.53mg (25.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.45g (34.89%), Fiber: 20.83g (83.33%), Folate: 319.9µg (79.98%), Vitamin A: 3723.99IU (74.48%), Manganese: 0.94mg (46.8%), Vitamin B1: 0.59mg (39.56%), Phosphorus: 309.68mg (30.97%), Iron: 5.04mg (28.01%), Vitamin C: 21.15mg (25.63%), Magnesium: 89.47mg (22.37%), Vitamin

B6: 0.44mg (22.14%), Potassium: 769.37mg (21.98%), Zinc: 3.2mg (21.36%), Copper: 0.41mg (20.69%), Vitamin B5: 1.5mg (15.05%), Vitamin K: 11.53µg (10.98%), Vitamin B3: 2.08mg (10.4%), Vitamin B2: 0.17mg (10.16%), Selenium: 6.06µg (8.65%), Calcium: 66.29mg (6.63%), Vitamin E: 0.58mg (3.84%)