



Moosewood Lentil Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly-ground
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 1 cup carrots chopped
- 1 cup celery minced
- 3 pinches herbs dried (thyme, oregano, or basil)
- 1 clove garlic chopped
- 1 tablespoon grapeseed oil

- 2 tablespoons juice of lemon fresh
- 3 cups lentils
- 1 large onion finely chopped
- 6 servings red wine vinegar for the top
- 0.5 teaspoon salt
- 1 medium tomatoes ripe chopped
- 0.3 cup water boiling

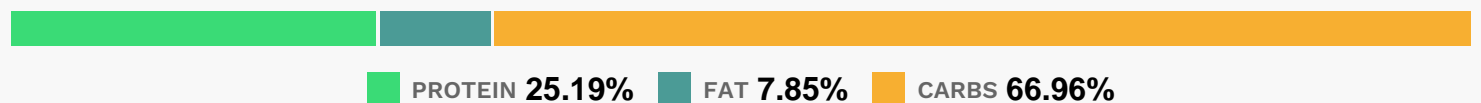
Equipment

- frying pan
- dutch oven

Directions

- Place lentils and water in a soup pot or Dutch oven. Bring to a boil, lower heat to a simmer, and let cook until lentils are mushy (about 45 minutes).
- Add more water as needed, until the soup is your favorite consistency.
- Heat oil or melt butter in a medium-sized skillet.
- Add onion, celery, and carrots, and saut over medium heat for about 10 minutes.
- Add garlic, salt, pepper, and herbs of your choice, and saut about 5 minutes longer.
- Transfer to lentils. Stir in wine, if desired, lemon juice and molasses or brown sugar. Taste to correct seasonings, then simmer for
- At least 15 minutes longer.
- Serve hot, with a little vinegar drizzled onto each serving, and a sprinkling of minced
- Scallions or parsley on top, if desired.

Nutrition Facts



Properties

Glycemic Index:47.41, Glycemic Load:8.52, Inflammation Score:-10, Nutrition Score:33.647826086957%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg Gallic acid: 0.13mg, Gallic acid: 0.13mg, Gallic acid: 0.13mg, Gallic acid: 0.13mg

Taste

Sweetness: 46.36%, Saltiness: 100%, Sourness: 29.57%, Bitterness: 43.43%, Savoriness: 38.29%, Fattiness: 44.73%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 403.93kcal (20.2%), Fat: 3.55g (5.46%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 68.18g (22.73%), Net Carbohydrates: 37.13g (13.5%), Sugar: 8.8g (9.78%), Cholesterol: 0mg (0%), Sodium: 232.2mg (10.1%), Protein: 25.65g (51.3%), Fiber: 31.05g (124.21%), Folate: 480.22µg (120.06%), Vitamin A: 3868.13IU (77.36%), Manganese: 1.45mg (72.33%), Vitamin B1: 0.88mg (58.64%), Phosphorus: 459.52mg (45.95%), Iron: 8.14mg (45.2%), Potassium: 1133.78mg (32.39%), Magnesium: 128.65mg (32.16%), Zinc: 4.78mg (31.89%), Vitamin B6: 0.62mg (30.99%), Copper: 0.55mg (27.38%), Vitamin B5: 2.22mg (22.19%), Vitamin K: 23.01µg (21.92%), Vitamin C: 13.03mg (15.79%), Vitamin B3: 2.95mg (14.77%), Vitamin B2: 0.24mg (14.04%), Selenium: 8.33µg (11.91%), Vitamin E: 1.49mg (9.94%), Calcium: 90.47mg (9.05%)