

health-score100%

HEALTH SCORE

Moroccan Lentil Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN

ready

125 min.

SERVINGS

servings

6

CALORIES

calories

339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce .5 can cannellini beans canned
- ☐ 15 ounce garbanzo beans drained canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.5 cup carrots diced
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 teaspoon garam masala
- ☐ 2 cloves garlic minced

- ☐ 1.5 teaspoons ground cardamom
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 2 onions chopped
- ☐ 1 cup lentils red
- ☐ 6 cups water

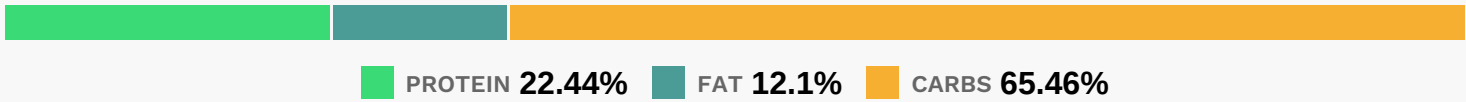
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ In large pot saute; the onions, garlic, and ginger in a little olive oil for about 5 minutes.
- ☐ Add the water, lentils, chick peas, white kidney beans, diced tomatoes, carrots, celery, garam masala, cardamom, cayenne pepper and cumin. Bring to a boil for a few minutes then simmer for 1 to 1 1/2 hours or longer, until the lentils are soft.
- ☐ Puree half the soup in a food processor or blender. Return the pureed soup to the pot, stir and enjoy!

Nutrition Facts



Properties

Glycemic Index:54.46, Glycemic Load:12.01, Inflammation Score:-9, Nutrition Score:27.196086925009%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:

0.03mg Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 339.18kcal (16.96%), Fat: 4.71g (7.25%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 57.35g (19.12%), Net Carbohydrates: 38.13g (13.86%), Sugar: 6.09g (6.77%), Cholesterol: 0mg (0%), Sodium: 322.05mg (14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.33%), Manganese: 1.8mg (90.2%), Fiber: 19.23g (76.92%), Folate: 240.96µg (60.24%), Vitamin A: 2061.68IU (41.23%), Iron: 7.06mg (39.22%), Vitamin B6: 0.75mg (37.56%), Copper: 0.67mg (33.27%), Potassium: 1123.77mg (32.11%), Phosphorus: 315.86mg (31.59%), Magnesium: 125.86mg (31.47%), Vitamin B1: 0.45mg (30.17%), Zinc: 3.3mg (21.99%), Calcium: 158.45mg (15.85%), Vitamin E: 2.21mg (14.71%), Vitamin C: 11.87mg (14.39%), Vitamin B5: 1.31mg (13.12%), Vitamin K: 13.32µg (12.69%), Vitamin B3: 2.02mg (10.12%), Vitamin B2: 0.17mg (9.87%), Selenium: 6.15µg (8.79%)