



## Moroccan Lentil Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup baby carrots sliced
- 0.5 cup celery stalks sliced
- 0.5 tsp cinnamon
- 0.5 tsp cumin
- 0.5 tsp mild curry powder
- 1 tsp garam masala
- 1 tsp ground ginger
- 1 small onion diced

- 1 tsp paprika
- 0.5 cup lentils red
- 14 ounces tomatoes diced
- 3 cups vegetable broth
- 2 garlic cloves whole minced

## Equipment

- pot
- blender
- immersion blender

## Directions

- Line a medium pot with a thin layer of water. Over high heat, saute onions and garlic until water has absorbed, about 3 minutes.
- Add remaining ingredients and bring to a boil. Continue to cook about 15 minutes, or until lentils are fully cooked (they have expanded and are orange).
- Add salt to taste.
- Transfer 1/2 of soup to blender and puree or use an immersion blender and puree until smooth. Return to pot and mix with remaining soup. Turn off heat, cover and let rest 5-10 minutes, allowing flavors to merge before serving.

Amount Per Serving

Calories

Fat

70g

Carbohydrate

90g Dietary Fiber 9.80g Sugars 4.20g Protein 7.80g

## Nutrition Facts



## Properties

Glycemic Index:56.65, Glycemic Load:4.25, Inflammation Score:-10, Nutrition Score:15.829999820046%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 130.38kcal (6.52%), Fat: 0.75g (1.16%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 15.14g (5.51%), Sugar: 6.35g (7.05%), Cholesterol: 0mg (0%), Sodium: 736.28mg (32.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin A: 3764.23IU (75.28%), Fiber: 9.69g (38.75%), Manganese: 0.73mg (36.6%), Folate: 135.66µg (33.92%), Vitamin C: 17.22mg (20.88%), Vitamin B1: 0.26mg (17.07%), Potassium: 581.12mg (16.6%), Iron: 2.67mg (14.84%), Phosphorus: 145.06mg (14.51%), Vitamin K: 15.09µg (14.37%), Vitamin B6: 0.29mg (14.31%), Magnesium: 47.21mg (11.8%), Copper: 0.22mg (10.93%), Zinc: 1.4mg (9.36%), Vitamin B3: 1.46mg (7.31%), Vitamin B5: 0.71mg (7.13%), Vitamin E: 0.92mg (6.15%), Vitamin B2: 0.1mg (5.6%), Calcium: 48.04mg (4.8%), Selenium: 2.72µg (3.88%)