



Nepalese Red Lentil Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon five-spice powder
- 1 tablespoon butter
- 1 tablespoon canola oil
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced peeled
- 0.5 teaspoon ground turmeric
- 1 tablespoon jalapeno seeded finely chopped
- 2 tablespoons juice of lemon fresh

- 2 cups lentils dried red
- 2 cups onion red chopped
- 1.5 teaspoons salt
- 6 cups water

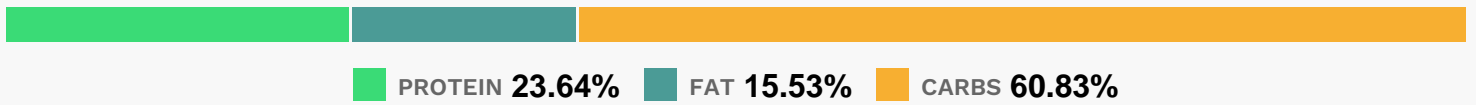
Equipment

- bowl
- blender
- dutch oven

Directions

- Heat oil and butter in a Dutch oven over medium-high heat.
- Add onion, ginger, and jalapeo; saut 4 minutes or until tender. Stir in 6 cups water and next 4 ingredients (through five-spice powder); bring to a boil. Cover, reduce heat, and simmer for 15 minutes or until lentils are tender, stirring occasionally.
- Place one-third of lentil mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- Pour pureed lentil mixture into a large bowl. Repeat procedure twice with remaining lentil mixture. Stir in cilantro and juice.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:4.37, Inflammation Score:-9, Nutrition Score:16.053043502342%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin:

0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 216.54kcal (10.83%), Fat: 3.78g (5.81%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 17.82g (6.48%), Sugar: 2.87g (3.19%), Cholesterol: 3.76mg (1.25%), Sodium: 461.21mg (20.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.86%), Fiber: 15.46g (61.86%), Folate: 239.4µg (59.85%), Manganese: 0.71mg (35.55%), Vitamin B1: 0.44mg (29.36%), Phosphorus: 230.79mg (23.08%), Iron: 3.83mg (21.28%), Magnesium: 65.89mg (16.47%), Vitamin B6: 0.32mg (16.11%), Zinc: 2.41mg (16.04%), Potassium: 537.88mg (15.37%), Copper: 0.3mg (15.01%), Vitamin B5: 1.1mg (10.96%), Vitamin C: 9.03mg (10.94%), Vitamin B2: 0.12mg (6.86%), Vitamin B3: 1.35mg (6.75%), Vitamin K: 6.36µg (6.06%), Selenium: 4.24µg (6.05%), Vitamin E: 0.69mg (4.57%), Calcium: 44.17mg (4.42%), Vitamin A: 129.07IU (2.58%)