



HEALTH SCORE

66%

Oven-Baked Split Pea-and-Lentil Soup



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 bay leaves



4 carrots sliced



4 rib celery sliced



0.3 cup cucumber chopped



1 cup lentils dried



64 ounce chicken broth fat-free low-sodium



0.3 cup yogurt plain fat-free



1.5 teaspoons ground cumin

- ☐ 2 onions chopped
- ☐ 1 teaspoon pepper
- ☐ 2 medium size bell peppers red seeded chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup peas dried split

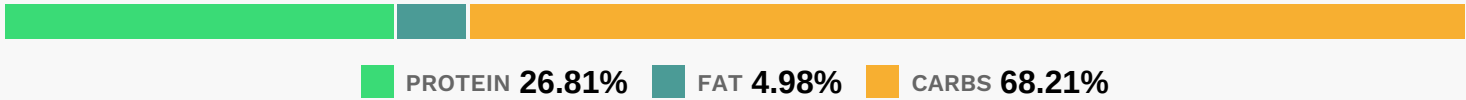
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Combine first 11 ingredients in an ovenproof Dutch oven.
- ☐ Bake, covered, at 350 for 2 hours or until peas and lentils are tender.
- ☐ Remove and discard bay leaves.
- ☐ Serve with yogurt and cucumber.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:24.885652231134%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 215.97kcal (10.8%), Fat: 1.23g (1.89%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 37.92g (12.64%), Net Carbohydrates: 22.23g (8.08%), Sugar: 7.32g (8.13%), Cholesterol: 0.15mg (0.05%), Sodium: 1108.47mg (48.19%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.81%), Vitamin A: 6086.85IU (121.74%), Fiber: 15.69g (62.77%), Vitamin C: 43.67mg (52.94%), Folate: 211.21µg (52.8%), Manganese: 0.85mg (42.49%), Vitamin B1: 0.46mg (30.71%), Phosphorus: 265.01mg (26.5%), Potassium: 776mg (22.17%), Iron: 3.8mg (21.1%), Copper: 0.42mg (21.07%), Vitamin B6: 0.38mg (18.76%), Magnesium: 73.69mg (18.42%), Vitamin B3: 3.26mg (16.29%), Vitamin B5: 1.49mg (14.94%), Zinc: 2.23mg (14.88%), Vitamin B2: 0.22mg (13.1%), Selenium: 7.89µg (11.27%), Vitamin K: 11.25µg (10.72%), Vitamin B12: 0.5µg (8.34%), Calcium: 75.44mg (7.54%), Vitamin E: 0.83mg (5.56%)