



Parsnip, Carrot & Lentil Soup for the 5:2 Diet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large carrots grated
- ☐ 1 tsp cumin
- ☐ 1 tsp coriander dried
- ☐ 2 cloves garlic crushed
- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 2 large parsnips grated
- ☐ 150 g lentils red rinsed well

- ☐ 6 servings grinding of salt and pepper good
- ☐ 3 pints vegetable stock

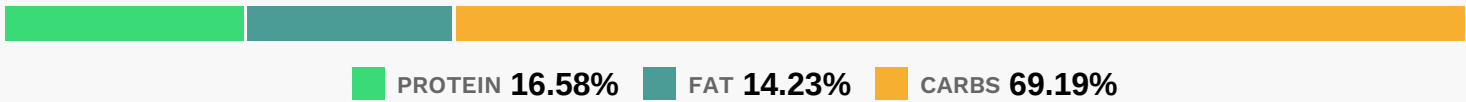
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot, saute the onions and garlic in the olive oil until the onions are soft.
- ☐ Add the chopped parsnips and carrots and cook gently for a few minutes.
- ☐ Next add the grated vegetables and the stock and stir well.
- ☐ Add the spices and red lentils. Stir frequently, so the lentils don't stick to the bottom of the pan.
- ☐ Bring to the boil, then reduce to a simmer, put the lid back on and cook gently for 30 minutes until the vegetables are soft and the soup is thick.
- ☐ Season with salt and pepper, then serve.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:38.41, Glycemic Load:7.94, Inflammation Score:-10, Nutrition Score:17.443043563677%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 179.65kcal (8.98%), Fat: 2.91g (4.48%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 20.68g (7.52%), Sugar: 6.94g (7.71%), Cholesterol: 0mg (0%), Sodium: 1165.09mg (50.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin A: 4533.66IU (90.67%), Fiber: 11.21g (44.83%), Folate: 162.75µg (40.69%), Manganese: 0.71mg (35.72%), Vitamin B1: 0.29mg (19.62%), Vitamin K: 18.92µg (18.01%), Phosphorus: 166.82mg (16.68%), Vitamin C: 13.56mg (16.44%), Potassium: 550.57mg (15.73%), Iron: 2.6mg (14.42%), Magnesium: 52.37mg (13.09%), Vitamin B6: 0.25mg (12.55%), Copper: 0.22mg (10.88%), Zinc: 1.62mg (10.81%), Vitamin B5: 0.94mg (9.39%), Vitamin E: 1.4mg (9.36%), Vitamin B3: 1.3mg (6.52%), Vitamin B2: 0.1mg (5.95%), Calcium: 51.04mg (5.1%), Selenium: 3.31µg (4.73%)