

Paul's Apple, Lamb and Lentil Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



150 min.

SERVINGS



6

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cabernet sauvignon wine
- 16 ounce lentils dried
- 1 cup cilantro leaves fresh chopped
- 2 teaspoons thyme leaves fresh finely chopped
- 5 cloves garlic finely chopped
- 1 pound lamb neck bones
- 3 pounds lamb shoulder steak
- 2 delicious apples diced red cored peeled

- 6 servings salt and pepper black freshly ground
- 2 medium onion yellow chopped

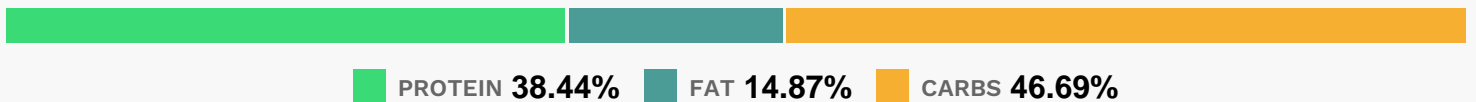
Equipment

- bowl
- pot

Directions

- Trim lamb shoulder steak from bones and set aside bones.
- Cut steak into 1 inch cubes and set aside.
- Place shoulder and neck bones in a large stockpot and cover with water; simmer bones over medium high heat for 1 to 1 1/2 hours.
- Remove bones from stockpot and discard. Reserve liquid.
- Add the cubed lamb, lentils, onions, garlic and thyme to the liquid in the stockpot; cook over medium heat for 15 minutes.
- Add apples and wine to the stockpot and cook another 15 minutes, or until lentils and lamb are tender. Season with salt and pepper.
- Serve in bowls sprinkled with cilantro.

Nutrition Facts



Properties

Glycemic Index:37.1, Glycemic Load:8.75, Inflammation Score:-9, Nutrition Score:39.46695653252%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.13mg, Catechin: 4.13mg, Catechin: 4.13mg, Catechin: 4.13mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 8.83mg, Epicatechin: 8.83mg, Epicatechin: 8.83mg, Epicatechin: 8.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 540.14kcal (27.01%), Fat: 8.41g (12.94%), Saturated Fat: 2.82g (17.59%), Carbohydrates: 59.41g (19.8%), Net Carbohydrates: 34.03g (12.37%), Sugar: 9.45g (10.5%), Cholesterol: 91.44mg (30.48%), Sodium: 106.93mg (4.65%), Alcohol: 4.2g (100%), Alcohol %: 1.22% (100%), Protein: 48.92g (97.84%), Folate: 407.24µg (101.81%), Fiber: 25.38g (101.53%), Zinc: 9.69mg (64.57%), Vitamin B12: 3.81µg (63.58%), Phosphorus: 629.99mg (63%), Manganese: 1.19mg (59.28%), Vitamin B1: 0.87mg (57.72%), Selenium: 39.28µg (56.11%), Vitamin B3: 10.7mg (53.5%), Iron: 8.55mg (47.51%), Potassium: 1279.79mg (36.57%), Vitamin B6: 0.73mg (36.45%), Magnesium: 137.21mg (34.3%), Vitamin B2: 0.52mg (30.84%), Copper: 0.61mg (30.36%), Vitamin B5: 2.76mg (27.63%), Vitamin C: 11.4mg (13.82%), Vitamin K: 13.73µg (13.08%), Calcium: 81.01mg (8.1%), Vitamin E: 0.87mg (5.81%), Vitamin A: 275.37IU (5.51%)