



Red Lentil and Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 baby spinach frozen (5 Oz Bag) (I Used Spinach)
- ☐ 14.5 Oz tomatoes diced canned crushed (I Didn't Have This, So Used Tomatoes)
- ☐ 3 carrots chopped
- ☐ 1 Teaspoon ground cumin
- ☐ 1 Tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 0.8 cup lentils dried red (Masoor Daal)
- ☐ 14.5 Oz vegetable broth

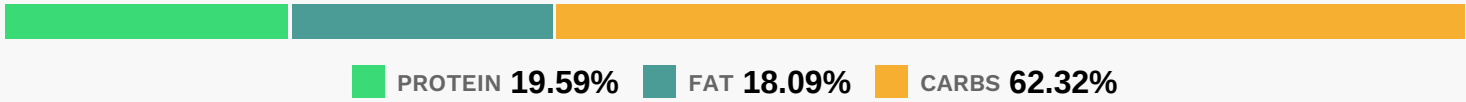
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan heat oil and add carrots, onion and cook until lightly browned and tender. Stir in cumin; cook 1 minute.
- ☐ Add tomatoes, broth, lentils, 2 cups of water salt, ground black pepper cover and cook until lentils are tender. Stir in spinach.

Nutrition Facts



Properties

Glycemic Index:37.11, Glycemic Load:5.08, Inflammation Score:-10, Nutrition Score:20.36043478095%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 204.39kcal (10.22%), Fat: 4.24g (6.53%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 19.76g (7.18%), Sugar: 7.35g (8.17%), Cholesterol: 0mg (0%), Sodium: 593.81mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.67%), Vitamin A: 8031.5IU (160.63%), Fiber: 13.13g (52.52%), Folate: 184.21µg (46.05%), Manganese: 0.65mg (32.37%), Vitamin B1: 0.39mg (25.81%), Iron: 4.09mg (22.74%), Potassium: 711.9mg (20.34%), Phosphorus: 198.34mg (19.83%), Vitamin B6: 0.4mg (19.75%), Vitamin C: 15.83mg (19.19%), Magnesium: 62.74mg (15.68%), Copper: 0.28mg (14.1%), Vitamin K: 13.88µg (13.22%), Zinc: 1.94mg (12.93%), Vitamin E: 1.7mg (11.33%), Vitamin B3: 2.12mg (10.58%), Vitamin B5: 1mg (10.02%), Vitamin B2: 0.16mg (9.64%), Calcium: 77.19mg (7.72%), Selenium: 3.13µg (4.47%)