



## Red Lentil and Yellow Split Pea Soup Made with a Pressure Cooker

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 carrots coarsely chopped
- 8 cups chicken broth
- 5 cloves garlic chopped
- 1.5 teaspoons ground cumin
- 10 servings salt and ground pepper black to taste
- 1 teaspoon juice of lemon to taste
- 1 large onion coarsely chopped

- 1 cup lentils red
- 1 cup peas split yellow

## Equipment

- pressure cooker

## Directions

- Place the lentils, split peas, onion, carrots, garlic, and cumin into a pressure cooker, and stir in the chicken broth. Seal the cooker, bring to pressure over medium heat, and reduce heat to keep the pressure stable; cook under pressure for 30 minutes.
- Remove from heat, and allow pressure to subside. When the cooker is at normal pressure, remove the cover, season with salt and pepper and stir in lemon juice to serve.

## Nutrition Facts



## Properties

Glycemic Index:16.54, Glycemic Load:2.16, Inflammation Score:-9, Nutrition Score:14.105217311693%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

## Nutrients (% of daily need)

Calories: 156.72kcal (7.84%), Fat: 0.94g (1.44%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 15.63g (5.68%), Sugar: 4g (4.44%), Cholesterol: 3.76mg (1.25%), Sodium: 711.32mg (30.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.25%), Fiber: 11.2g (44.8%), Vitamin A: 2083.09IU (41.66%), Folate: 145.56µg (36.39%), Manganese: 0.68mg (34.23%), Vitamin B1: 0.36mg (23.98%), Phosphorus: 173.41mg (17.34%), Copper: 0.31mg (15.6%), Iron: 2.66mg (14.8%), Potassium: 473.16mg (13.52%), Magnesium: 51.13mg (12.78%), Vitamin B2: 0.21mg (12.07%), Zinc: 1.67mg (11.15%), Vitamin B6: 0.19mg (9.34%), Vitamin B5:

0.81mg (8.11%), Vitamin B3: 1.61mg (8.06%), Vitamin K: 5.63µg (5.36%), Vitamin C: 3.66mg (4.44%), Calcium: 41.89mg (4.19%), Selenium: 2.88µg (4.12%), Vitamin E: 0.28mg (1.85%)