



Red Lentil Curry Soup



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 baby carrots whole sliced
- ☐ 1 bay leaf whole
- ☐ 1 tsp mild curry powder
- ☐ 1 tbsp cilantro leaves fresh minced
- ☐ 2 tsp garam masala
- ☐ 1 tsp ground ginger
- ☐ 1 cup plant-based milk
- ☐ 1 small onion diced

- ☐ 1 cup lentils red
- ☐ 1 dash pepper flakes red
- ☐ 3 garlic cloves whole minced

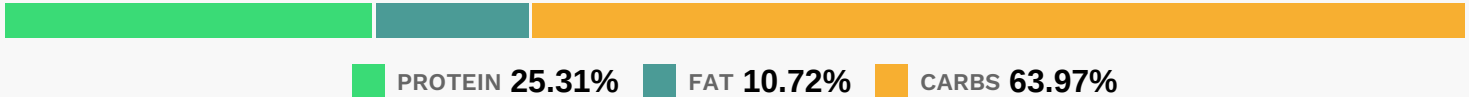
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Line a large pot with a thin layer of water.
 - ☐ Add onions and cook over high heat for three minutes.
 - ☐ Add garlic and continue to cook until most of the water has cooked off.
 - ☐ Add 3 cups water, lentils, carrots, bay leaf, curry, ginger, cilantro, red pepper flakes and cloves, stirring to combine. Cover and bring to a boil. Once boiling, reduce heat to low and simmer for 20 minutes, or until lentils are cooked and most of the water has absorbed. Stir in 1 tsp garam masala and turn off heat.
 - ☐ Let rest 5-10 minutes, allowing the flavors to merge.
 - ☐ Transfer soup to a blender, add non-dairy milk and puree until smooth and creamy.
 - ☐ Add salt and pepper to taste and additional garam masala if desired.
 - ☐ Garnish with fresh cilantro leaves and serve.
- Nutritional Information
- Amount Per Serving
- Calories
- Fat
- 30g
- Carbohydrate
- 40gDietary Fiber2gSugars6.20gProtein2.90g

Nutrition Facts



Properties

Glycemic Index:39.15, Glycemic Load:4.93, Inflammation Score:-10, Nutrition Score:22.365217291791%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 227.11kcal (11.36%), Fat: 2.73g (4.2%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 20.98g (7.63%), Sugar: 6.55g (7.28%), Cholesterol: 7.32mg (2.44%), Sodium: 59.69mg (2.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.5g (29%), Vitamin A: 5653.69IU (113.07%), Fiber: 15.66g (62.66%), Folate: 230.68µg (57.67%), Manganese: 0.9mg (44.79%), Vitamin B1: 0.45mg (30.21%), Phosphorus: 286.93mg (28.69%), Iron: 4.08mg (22.65%), Vitamin B6: 0.38mg (19.04%), Potassium: 665.42mg (19.01%), Magnesium: 70.86mg (17.71%), Zinc: 2.56mg (17.09%), Copper: 0.29mg (14.73%), Vitamin B5: 1.39mg (13.89%), Calcium: 124.39mg (12.44%), Vitamin B2: 0.2mg (11.96%), Selenium: 6µg (8.58%), Vitamin B3: 1.56mg (7.8%), Vitamin K: 7.14µg (6.8%), Vitamin C: 5.12mg (6.2%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%), Vitamin E: 0.38mg (2.52%)