



Red Lentil-Pumpkin Soup



Vegetarian



Gluten Free

READY IN



28 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup pumpkin puree canned
- ☐ 2 teaspoons canola oil
- ☐ 0.3 cup corn kernels unsalted toasted
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons yogurt plain low-fat
- ☐ 1 cup onion chopped
- ☐ 1 cup lentils dried red
- ☐ 0.3 teaspoon salt
- ☐ 3.5 cups vegetable stock organic divided
- ☐ 1 cup water

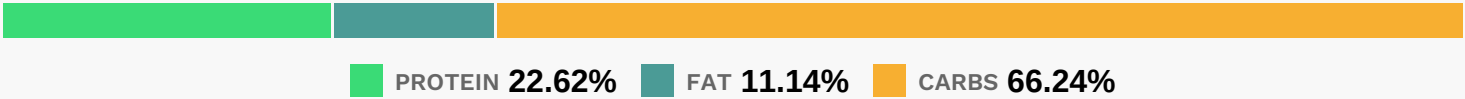
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and garlic to pan; saut 4 minutes. Stir in 3 cups broth, lentils, and next 4 ingredients (through red pepper); bring to a boil. Cover, reduce heat, and simmer 10 minutes or until lentils are tender.
- ☐ Place the lentil mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return lentil mixture to pan over medium heat.
- ☐ Add remaining 1/2 cup broth, 1 cup water, and pumpkin to pan; cook 3 minutes or until thoroughly heated. Stir in ginger and lemon juice. Ladle 1 1/2 cups soup into each of 4 bowls; top each serving with about 2 teaspoons yogurt, 1 tablespoon pumpkinseeds, and 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:53.9, Glycemic Load:5.63, Inflammation Score:-10, Nutrition Score:23.224782565366%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 251.29kcal (12.56%), Fat: 3.19g (4.91%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 25.57g (9.3%), Sugar: 7.61g (8.45%), Cholesterol: 0.9mg (0.3%), Sodium: 1010.81mg (43.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.13%), Vitamin A: 7719.51IU (154.39%), Fiber: 17.08g (68.33%), Folate: 250.18µg (62.55%), Manganese: 0.83mg (41.61%), Vitamin B1: 0.47mg (31.05%), Phosphorus: 275.75mg (27.58%), Iron: 4.77mg (26.52%), Magnesium: 81.03mg (20.26%), Potassium: 690.17mg (19.72%), Vitamin B6: 0.36mg (18.16%), Zinc: 2.66mg (17.75%), Copper: 0.34mg (17.14%), Vitamin B5: 1.4mg (14.04%), Vitamin K: 14.6µg (13.9%), Vitamin C: 9.42mg (11.42%), Vitamin B2: 0.18mg (10.82%), Calcium: 86.18mg (8.62%), Vitamin B3: 1.65mg (8.24%), Vitamin E: 1.17mg (7.79%), Selenium: 5.09µg (7.27%), Vitamin B12: 0.08µg (1.4%)