



Red-Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cumin seeds
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground turmeric
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 cups onion minced
- ☐ 1.5 cups lentils dried red
- ☐ 0.1 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 14.5 ounce vegetable broth canned
- ☐ 1 tablespoon vegetable oil
- ☐ 2.3 cups water divided

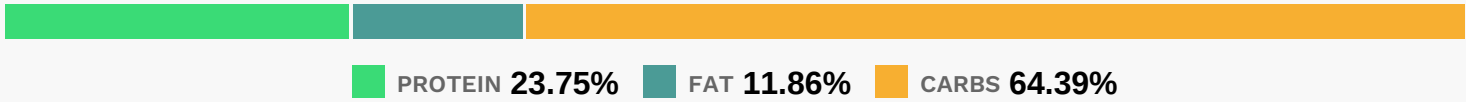
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine 1 1/3 cups water, red lentils, sugar, turmeric, and broth in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until lentils are very tender. Cool slightly.
- ☐ Place lentil mixture in a food processor or blender; process until smooth. Set aside.
- ☐ Heat the oil in a large nonstick skillet over medium heat.
- ☐ Add the cumin seeds; cook 30 seconds or until toasted.
- ☐ Add onion and garlic; saut 10 minutes or until lightly browned. Stir in pureed lentil mixture, 1 cup water, juice, salt, and red pepper; cook until thoroughly heated.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:47.74, Glycemic Load:6.39, Inflammation Score:-9, Nutrition Score:19.177391363227%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin:

0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 259.21kcal (12.96%), Fat: 3.46g (5.32%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 42.22g (14.07%), Net Carbohydrates: 23.72g (8.63%), Sugar: 4.83g (5.37%), Cholesterol: 0mg (0%), Sodium: 398.71mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.16%), Fiber: 18.5g (74.01%), Folate: 285.79µg (71.45%), Manganese: 0.87mg (43.74%), Vitamin B1: 0.53mg (35.44%), Phosphorus: 278.7mg (27.87%), Iron: 4.66mg (25.89%), Vitamin B6: 0.4mg (19.86%), Magnesium: 78.11mg (19.53%), Zinc: 2.89mg (19.25%), Potassium: 641.53mg (18.33%), Copper: 0.34mg (17.25%), Vitamin B5: 1.31mg (13.1%), Vitamin C: 8.53mg (10.34%), Vitamin B2: 0.14mg (8.17%), Vitamin B3: 1.6mg (7.98%), Vitamin K: 8.2µg (7.81%), Selenium: 5.31µg (7.58%), Calcium: 52.87mg (5.29%), Vitamin A: 225.05IU (4.5%), Vitamin E: 0.55mg (3.69%)