



Red Lentil Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



7

CALORIES



146 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 1 rib celery chopped
- ☐ 1.5 cups chicken broth
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 1.3 teaspoons ground cumin
- ☐ 1.5 tablespoons olive oil
- ☐ 1 large onion chopped

- ☐ 1 cup lentils dried red
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tomatoes fresh canned chopped
- ☐ 4 cups water

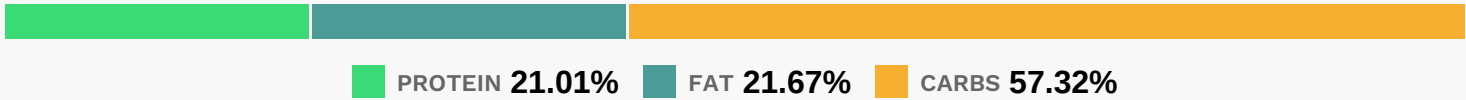
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a 4- to 5-quart heavy saucepan over moderately high heat until hot but not smoking, then sauté onion, stirring, until golden, about 5 minutes.
- ☐ Add garlic, carrots, tomato, celery, cumin, and salt and sauté, stirring, 2 minutes.
- ☐ Add lentils, water, and broth and simmer, uncovered, stirring occasionally, until lentils are tender, about 20 minutes.
- ☐ Stir in parsley, then season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:3.39, Inflammation Score:-9, Nutrition Score:14.283478122043%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Apigenin: 2.47mg, Apigenin: 2.47mg, Apigenin: 2.47mg, Apigenin: 2.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 145.6kcal (7.28%), Fat: 3.59g (5.52%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 21.34g (7.11%), Net Carbohydrates: 12.19g (4.43%), Sugar: 3.31g (3.67%), Cholesterol: 1.01mg (0.34%), Sodium: 399.16mg (17.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.65%), Vitamin A: 3205.01IU (64.1%), Fiber: 9.15g

(36.61%), Folate: 134.83µg (33.71%), Manganese: 0.49mg (24.32%), Vitamin K: 25.33µg (24.13%), Vitamin B1: 0.28mg (18.39%), Iron: 2.65mg (14.7%), Phosphorus: 140.58mg (14.06%), Potassium: 413.39mg (11.81%), Vitamin B6: 0.23mg (11.72%), Copper: 0.22mg (10.98%), Magnesium: 43.24mg (10.81%), Zinc: 1.45mg (9.67%), Vitamin C: 7.34mg (8.9%), Vitamin B5: 0.69mg (6.92%), Vitamin B2: 0.11mg (6.65%), Vitamin E: 0.94mg (6.27%), Vitamin B3: 1.24mg (6.18%), Calcium: 44.73mg (4.47%), Selenium: 2.77µg (3.95%)