



## Red Lentil Soup with Chicken and Turnips

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Popular**

READY IN



55 min.

SERVINGS



8

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 servings avocado diced chopped
- 3 medium carrots diced peeled
- 3 celery stalks diced
- 2 cups chicken breast strips/pre-cooked/chopped shredded fully-cooked for a vegetarian version (may be omitted)
- 0.5 cup flat parsley italian chopped for garnish (plus extra)
- 6 cloves garlic finely minced
- 2 tablespoons olive oil
- 28 ounce canned tomatoes drained and rinsed chopped

- 2 cups lentils dried red rinsed
- 8 servings salt and pepper black to taste
- 1 large turnip diced peeled
- 8 cups vegetable stock
- 1 medium onion diced yellow

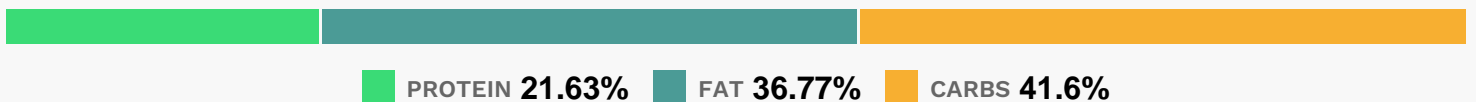
## Equipment

- pot
- stove
- dutch oven

## Directions

- To a large dutch oven or soup pot, heat the olive oil over medium heat.
- Add the onion, carrots and celery and cook for 8–10 minutes or until tender, stirring occasionally.
- Add the garlic and cook for an additional 2 minutes, or until fragrant. Season conservatively with a pinch of salt and black pepper. To the pot, add the tomatoes, turnip and red lentils. Stir to combine. Stir in the vegetable stock and increase the heat on the stove to high. Bring the soup to a boil and then reduce to a simmer. Simmer for 20 minutes or until the turnips are tender and the lentils are cooked through.
- Add the chicken breast and parsley. Cook for an additional 5 minutes. Adjust seasoning to taste.
- Serve the soup immediately garnished with fresh parsley and any additional toppings. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:48.55, Glycemic Load:9.43, Inflammation Score:-10, Nutrition Score:39.747391304348%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Taste

Sweetness: 59.68%, Saltiness: 100%, Sourness: 50.55%, Bitterness: 36.87%, Savoriness: 52.31%, Fattiness: 79.53%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 477.24kcal (23.86%), Fat: 20.34g (31.29%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 27.99g (10.18%), Sugar: 10.55g (11.72%), Cholesterol: 29.75mg (9.92%), Sodium: 1335.78mg (58.08%), Protein: 26.93g (53.86%), Vitamin A: 5029.39IU (100.59%), Fiber: 23.79g (95.16%), Vitamin K: 95.8µg (91.23%), Folate: 327.55µg (81.89%), Manganese: 1.05mg (52.74%), Vitamin B6: 0.96mg (47.99%), Vitamin B3: 9.33mg (46.63%), Potassium: 1465.81mg (41.88%), Vitamin C: 34.02mg (41.23%), Vitamin B1: 0.6mg (39.83%), Phosphorus: 390.65mg (39.06%), Iron: 6.06mg (33.66%), Copper: 0.67mg (33.52%), Vitamin B5: 3.12mg (31.23%), Magnesium: 123.14mg (30.78%), Vitamin E: 4.32mg (28.83%), Zinc: 3.62mg (24.12%), Selenium: 14.97µg (21.39%), Vitamin B2: 0.35mg (20.43%), Calcium: 103.76mg (10.38%), Vitamin B12: 0.12µg (1.98%)