



Rhineland Lentil Soup

 Dairy Free

READY IN



225 min.

SERVINGS



12

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 slices bacon cut into small pieces
- ☐ 2 bay leaves
- ☐ 2 cubes beef bouillon from cube
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.8 cup flour all-purpose
- ☐ 1 pinch ground nutmeg

- ☐ 1 pinch ground pepper white
- ☐ 4 tablespoons olive oil
- ☐ 1 cup onions chopped
- ☐ 1 cup potatoes diced
- ☐ 2 teaspoons salt
- ☐ 3.5 quarts water

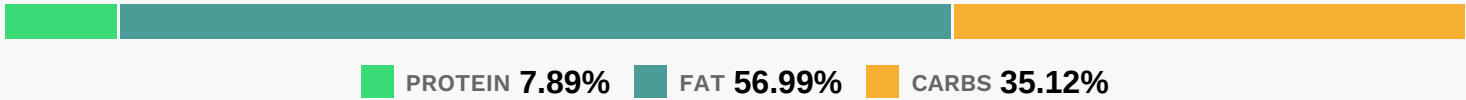
Equipment

- ☐ pot

Directions

- ☐ In a large pot over medium high heat, combine the oil, bacon, carrots, onions and celery.
- ☐ Saute for 5 minutes, or until bacon is crisp. Stir in the flour until it's dissolved and mixture is pasty.
- ☐ Slowly add the water, stirring constantly. Then add the bay leaves, salt, lentils, beef base, thyme, nutmeg, white pepper and potatoes. Stir all together well, bring just to a boil, reduce heat to low and simmer for 3 hours.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:7.22, Inflammation Score:-8, Nutrition Score:5.8256522151439%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 133.09kcal (6.65%), Fat: 8.49g (13.06%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 10.46g (3.8%), Sugar: 1.37g (1.52%), Cholesterol: 6.05mg (2.02%), Sodium: 480.53mg (20.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin A: 1828.05IU (36.56%), Vitamin K: 8.52µg (8.12%), Vitamin B1: 0.12mg (7.75%), Manganese: 0.13mg (6.72%), Selenium: 4.67µg (6.67%), Vitamin C: 5.38mg (6.52%), Folate: 25.02µg (6.26%), Vitamin B6: 0.12mg (5.87%), Vitamin B3: 1.17mg (5.86%), Vitamin E: 0.82mg (5.47%), Fiber: 1.31g (5.25%), Potassium: 177.22mg (5.06%), Copper: 0.09mg (4.66%), Iron: 0.76mg (4.22%), Phosphorus: 41.71mg (4.17%), Vitamin B2: 0.07mg (3.93%), Magnesium: 13.54mg (3.38%), Calcium: 24.2mg (2.42%), Zinc: 0.31mg (2.06%), Vitamin B5: 0.2mg (2.03%)