



Rhineland Lentil Soup

 Dairy Free

READY IN



225 min.

SERVINGS



12

CALORIES



190 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
- ☐ 1 cup lentils dry
- ☐ 4 tablespoons olive oil
- ☐ 1 cup onions chopped
- ☐ 1 cup potatoes diced
- ☐ 2 teaspoons salt
- ☐ 3.5 quarts water

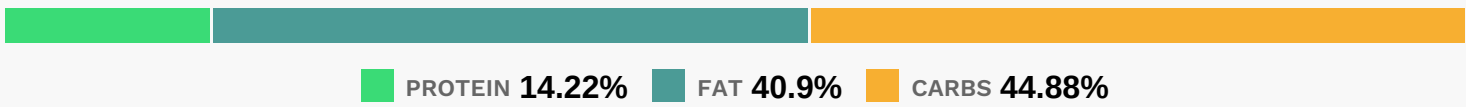
Equipment

- ☐ 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:29.93, Glycemic Load:8.38, Inflammation Score:-9, Nutrition Score:10.518695664795%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg 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 Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 189.57kcal (9.48%), Fat: 8.66g (13.32%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 15.19g (5.52%), Sugar: 1.69g (1.88%), Cholesterol: 6.05mg (2.02%), Sodium: 481.49mg (20.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Vitamin A: 1834.29IU (36.69%), Folate: 101.66µg (25.42%), Fiber: 6.19g (24.77%), Manganese: 0.35mg (17.36%), Vitamin B1: 0.26mg (17.07%), Phosphorus: 113.87mg (11.39%), Iron: 1.97mg (10.92%), Vitamin B6: 0.2mg (10.19%), Potassium: 330.02mg (9.43%), Vitamin K: 9.32µg (8.88%), Copper: 0.18mg (8.81%), Selenium: 5.99µg (8.56%), Magnesium: 33.06mg (8.26%), Vitamin B3: 1.59mg (7.95%), Vitamin C: 6.08mg (7.37%), Zinc: 1.07mg (7.16%), Vitamin E: 0.9mg (5.99%), Vitamin B2: 0.1mg (5.92%), Vitamin B5: 0.55mg (5.46%), Calcium: 33.16mg (3.32%)