



Rice and Lentil Soup in a Jar



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



127 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons butter
- ☐ 0.3 cup celery chopped
- ☐ 2 tablespoons chicken soup base
- ☐ 1 cup meat from a rotisserie chicken cubed cooked
- ☐ 0.3 cup green lentils
- ☐ 1 tablespoon parsley dried
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon poultry seasoning

- ☐ 0.3 cup lentils red
- ☐ 0.3 cup converted rice uncooked
- ☐ 8 cups water

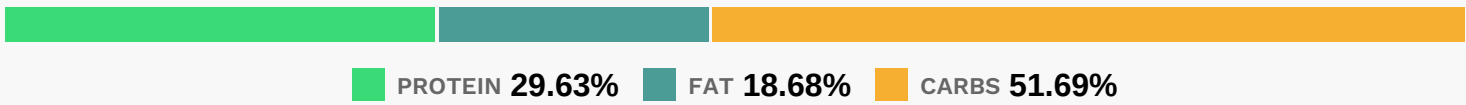
Equipment

- ☐ pot

Directions

- ☐ Measure the chicken bouillon granules into a 1 pint jar. Top with 1/3 cup of instant rice, red lentils, dried parsley, pepper, poultry seasoning, 1/3 cup of rice and then the green lentils on top. Seal with a lid and ring for gift giving.
- ☐ To make the soup, bring the butter and water to a boil in a large pot.
- ☐ Pour in the contents of the jar and add celery and chicken if using. Bring to a boil, then reduce heat to medium and simmer until the lentils are tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:4.87, Inflammation Score:-4, Nutrition Score:7.4747826975325%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Apigenin: 11.35mg, Apigenin: 11.35mg, Apigenin: 11.35mg, Apigenin: 11.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 126.65kcal (6.33%), Fat: 2.6g (4%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 11.17g (4.06%), Sugar: 0.61g (0.68%), Cholesterol: 13.29mg (4.43%), Sodium: 340.24mg (14.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Fiber: 5g (20.02%), Folate: 78.1µg (19.53%), Manganese: 0.36mg (17.79%), Phosphorus: 117.2mg (11.72%), Vitamin B1: 0.15mg (10.33%), Selenium: 7.18µg (10.25%), Vitamin B3: 1.98mg (9.91%), Iron: 1.62mg (8.98%), Vitamin B6: 0.18mg (8.89%), Zinc: 1.14mg (7.62%), Copper: 0.15mg

(7.6%), Magnesium: 29.74mg (7.43%), Vitamin K: 7.32µg (6.98%), Potassium: 219.64mg (6.28%), Vitamin B5: 0.6mg (6.01%), Vitamin B2: 0.08mg (4.5%), Calcium: 29.9mg (2.99%), Vitamin A: 84.24IU (1.68%), Vitamin C: 1.14mg (1.38%), Vitamin E: 0.16mg (1.1%)