



Ruth's Red Lentil and Potato Soup



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



12

CALORIES



85 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 carrots chopped
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 4 stalks celery chopped
- ☐ 0.3 teaspoon cumin seeds
- ☐ 1 teaspoon filé powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic
- ☐ 0.3 teaspoon ground allspice

- ☐ 0.1 teaspoon ground cloves
- ☐ 1 cup kale roughly chopped
- ☐ 1 dash pepper
- ☐ 4 medium potatoes red chopped
- ☐ 1 large onion sweet chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 1 quart vegetable broth
- ☐ 2 cups water

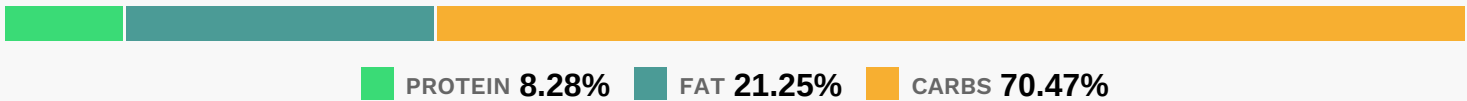
Equipment

- ☐ sauce pan

Directions

- ☐ Melt the butter in a large saucepan over medium heat. Stir in the onion and celery. Cook until tender.
- ☐ Mix in the potatoes, carrot, and garlic. Continue to cook and stir about 5 minutes, until the potatoes are well coated with butter. Season the mixture with allspice, cumin, cayenne pepper, cloves, and pepper.
- ☐ Pour in the vegetable broth, and mix in the lentils.
- ☐ Add water, increasing the amount as necessary to cover all ingredients. Bring to a boil, reduce heat, and stir in the kale. Cook, stirring occasionally, 35 to 45 minutes, until the lentils are tender.
- ☐ Mix in the cilantro and file powder. Continue cooking about 5 minutes, or to desired thickness.

Nutrition Facts



Properties

Glycemic Index:25.15, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:6.2417391664956%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 85.43kcal (4.27%), Fat: 2.1g (3.24%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 13.75g (5%), Sugar: 3.42g (3.8%), Cholesterol: 5.02mg (1.67%), Sodium: 348.22mg (15.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.69%), Vitamin A: 1356.18IU (27.12%), Vitamin K: 14.83µg (14.13%), Vitamin C: 10.15mg (12.31%), Potassium: 420.54mg (12.02%), Vitamin B6: 0.19mg (9.36%), Manganese: 0.18mg (9.23%), Fiber: 1.94g (7.77%), Folate: 26.34µg (6.59%), Copper: 0.13mg (6.45%), Phosphorus: 58.98mg (5.9%), Magnesium: 21.81mg (5.45%), Vitamin B1: 0.08mg (5.28%), Vitamin B3: 0.98mg (4.91%), Iron: 0.72mg (3.98%), Vitamin B5: 0.28mg (2.83%), Calcium: 28.29mg (2.83%), Vitamin B2: 0.05mg (2.76%), Zinc: 0.33mg (2.18%), Vitamin E: 0.17mg (1.15%), Selenium: 0.71µg (1.01%)