

## Simple lentil soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



3

CALORIES



262 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 bay leaves
- 1 clove garlic finely chopped
- 0.5 cup lentils
- 3 tbsp olive oil
- 1 onion chopped
- 3 servings salt and pepper
- 1 tomatoes
- 1.5 tbsp vinegar to taste (,)

4 cups water

## Equipment

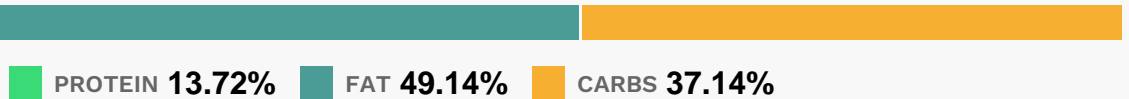
sauce pan

pressure cooker

## Directions

Rinse the lentils and let them soak for a couple of hours in lukewarm water before cooking. Put all the ingredients together in a saucepan and cook for 45 min to 1 hour over medium heat, until the lentils are cooked. If you use a pressure cooker, the soup will be ready in 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:56.53, Glycemic Load:3.6, Inflammation Score:-7, Nutrition Score:13.197826086957%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

## Nutrients (% of daily need)

Calories: 261.7kcal (13.09%), Fat: 14.47g (22.25%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 13.7g (4.98%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 215.61mg (9.37%), Protein: 9.09g (18.17%), Fiber: 10.91g (43.62%), Folate: 166.49µg (41.62%), Manganese: 0.54mg (27.18%), Vitamin B1: 0.31mg (20.89%), Phosphorus: 166.66mg (16.67%), Vitamin E: 2.4mg (16.02%), Iron: 2.71mg (15.08%), Potassium: 460.82mg (13.17%), Vitamin B6: 0.26mg (13.13%), Copper: 0.26mg (12.94%), Vitamin K: 13.43µg (12.79%), Magnesium: 50.74mg (12.69%), Vitamin C: 10.07mg (12.2%), Zinc: 1.71mg (11.38%), Vitamin B5: 0.77mg (7.72%), Vitamin A: 356.9IU (7.14%), Vitamin B3: 1.13mg (5.64%), Vitamin B2: 0.09mg (5.09%), Selenium: 3.02µg (4.31%), Calcium: 42.71mg (4.27%)