



 **59%**
HEALTH SCORE

Slow-Cooker Bistro Lentil-Barley Soup

 Dairy Free  Very Healthy

READY IN



610 min.

SERVINGS



10

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces brown lentils rinsed
- 1 cup onion chopped
- 1 cup carrots diced
- 14.5 ounces tomatoes diced with roasted garlic, undrained canned
- 12 ounces turkey kielbasa smoked sliced cut lengthwise into fourths, then
- 0.3 cup barley uncooked
- 29 ounces beef broth ready-to-serve canned
- 3.5 cups water

- 1 serving dijon mustard
- 1 serving horseradish prepared

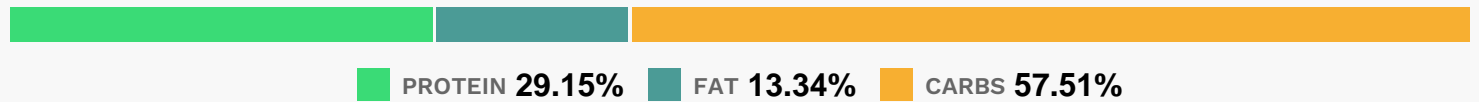
Equipment

- pot
- slow cooker

Directions

- Mix lentils, onions, carrots, tomatoes, kielbasa and barley in 4-quart Crock-Pot slow cooker. Stir in broth and water.
- Cover and cook on low heat setting 9 to 10 hours or until lentils and vegetables are tender. Top each serving with dollop of mustard and horseradish.

Nutrition Facts



Properties

Glycemic Index:20.14, Glycemic Load:5.29, Inflammation Score:-9, Nutrition Score:22.830434806969%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

Nutrients (% of daily need)

Calories: 260.52kcal (13.03%), Fat: 3.9g (6%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 37.82g (12.61%), Net Carbohydrates: 21.54g (7.83%), Sugar: 4.37g (4.85%), Cholesterol: 18.03mg (6.01%), Sodium: 796.16mg (34.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.34%), Fiber: 16.28g (65.13%), Folate: 231.88µg (57.97%), Vitamin A: 2255.18IU (45.1%), Iron: 7.53mg (41.82%), Manganese: 0.8mg (40.2%), Vitamin B1: 0.5mg (33.11%), Phosphorus: 312.01mg (31.2%), Vitamin B6: 0.49mg (24.27%), Vitamin C: 18.23mg (22.09%), Zinc: 3.19mg (21.29%), Selenium: 14.52µg (20.75%), Magnesium: 82.51mg (20.63%), Potassium: 715.9mg (20.45%), Vitamin B3: 3.8mg (18.99%), Copper: 0.36mg (17.9%), Vitamin B2: 0.22mg (13.18%), Vitamin B5: 1.11mg (11.1%), Calcium: 63.23mg

(6.32%), Vitamin K: 5.63µg (5.37%), Vitamin E: 0.66mg (4.38%), Vitamin B12: 0.2µg (3.4%)