



 **54%**
HEALTH SCORE

Slow-Cooker Bistro Lentil-Barley Soup

 Dairy Free

READY IN



610 min.

SERVINGS



10

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barley uncooked
- 16 ounces brown lentils rinsed
- 29 ounces beef broth ready-to-serve canned
- 14.5 ounces tomatoes diced with roasted garlic, undrained canned
- 1 cup carrots diced
- 10 servings dijon mustard
- 10 servings horseradish prepared
- 1 cup onion chopped

- 12 ounces turkey kielbasa smoked sliced cut lengthwise into fourths, then
- 3.5 cups water

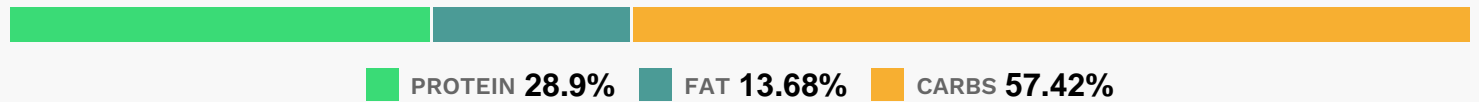
Equipment

- 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:5.43, Inflammation Score:-9, Nutrition Score:23.379564915014%

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 Gallicocatechin: 0.06mg, Gallicocatechin: 0.06mg, Gallicocatechin: 0.06mg, Gallicocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 265.42kcal (13.27%), Fat: 4.08g (6.28%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 21.94g (7.98%), Sugar: 4.79g (5.32%), Cholesterol: 18.03mg (6.01%), Sodium: 864.56mg (37.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.82%), Fiber: 16.62g (66.49%), Folate: 234.76µg (58.69%), Vitamin A: 2258.46IU (45.17%), Iron: 7.62mg (42.32%), Manganese: 0.83mg (41.42%), Vitamin B1: 0.51mg (33.7%), Phosphorus: 318.27mg (31.83%), Vitamin B6: 0.49mg (24.59%), Vitamin C: 19.36mg (23.47%), Selenium: 16.18µg (23.11%), Zinc: 3.26mg (21.73%), Magnesium: 85.88mg (21.47%), Potassium: 733.72mg (20.96%), Vitamin B3: 3.84mg (19.2%), Copper: 0.36mg (18.2%), Vitamin B2: 0.23mg (13.42%), Vitamin B5: 1.13mg (11.27%), Calcium:

68.58mg (6.86%), Vitamin K: 5.76µg (5.49%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.2µg (3.4%)