



WHATSheATE



HEALTH SCORE

73%

Slow-Cooker Brown Lentil Soup



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



495 min.

SERVINGS



7

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 lb brown lentils dried rinsed



1 cup carrots chopped



1 cup onion chopped



3 cloves garlic finely chopped



64 oz chicken broth (8 cups)



6 oz canned tomatoes canned



0.5 cup chicken broth dry



1.5 teaspoons ground cumin

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1 teaspoon thyme leaves dried

Equipment

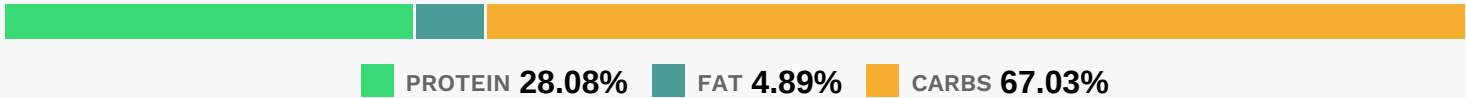
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slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray. In cooker, mix ingredients.
- ☐ Cover; cook on Low heat setting 8 to 10 hours. Stir well before serving.

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:6.41, Inflammation Score:-10, Nutrition Score:26.171304161134%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg Gallicocatechin: 0.09mg, Gallicocatechin: 0.09mg, Gallicocatechin: 0.09mg, Gallicocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 273.53kcal (13.68%), Fat: 1.51g (2.32%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 46.49g (15.5%), Net Carbohydrates: 25.25g (9.18%), Sugar: 5.43g (6.03%), Cholesterol: 5.52mg (1.84%), Sodium: 1074.35mg (46.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.48g (38.96%), Fiber: 21.24g (84.95%), Folate: 321.57µg (80.39%), Vitamin A: 3157.44IU (63.15%), Manganese: 1.13mg (56.48%), Vitamin B1: 0.67mg (44.66%), Phosphorus: 328.5mg (32.85%), Iron: 5.85mg (32.52%), Potassium: 846.15mg (24.18%), Magnesium: 93.5mg (23.38%), Zinc: 3.48mg (23.2%), Vitamin B6: 0.46mg (22.89%), Copper: 0.45mg (22.42%), Vitamin B2: 0.33mg (19.6%), Vitamin B5: 1.57mg (15.66%), Vitamin B3: 2.83mg (14.15%), Vitamin C: 8.75mg (10.6%), Selenium: 6.97µg (9.95%), Calcium: 74.35mg (7.44%), Vitamin K: 7.08µg (6.74%), Vitamin E: 0.87mg (5.81%)