



 **100%**
HEALTH SCORE

Slow-Cooker Lentil and Canadian Bacon Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



510 min.

SERVINGS



8

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz canadian bacon sliced coarsely chopped
- 2 medium carrots cut into 1/2-inch pieces (1 cup)
- 1 medium stalk celery cut into 1/2-inch pieces (1/2 cup)
- 16 oz lentils dried rinsed ()
- 3.5 cups chicken broth reduced-sodium progresso® (from 32-oz carton)
- 0.5 cup onion finely chopped
- 0.3 teaspoon pepper
- 1 medium potatoes peeled cut into 1/2-inch pieces (1 cup)

- 0.5 teaspoon salt
- 1 teaspoon thyme leaves dried
- 4 cups water

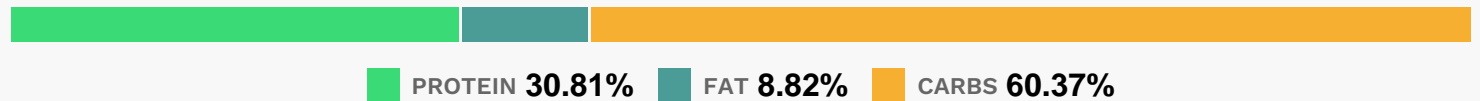
Equipment

- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, mix all ingredients. Cover; cook on Low heat setting 8 to 9 hours or until lentils are tender. Stir well before serving.

Nutrition Facts



Properties

Glycemic Index:36.4, Glycemic Load:8.26, Inflammation Score:-10, Nutrition Score:24.59347830648%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallicocatechin: 0.08mg, Gallicocatechin: 0.08mg, Gallicocatechin: 0.08mg, Gallicocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 281.91kcal (14.1%), Fat: 2.79g (4.29%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 24.35g (8.85%), Sugar: 2.71g (3.01%), Cholesterol: 10.63mg (3.54%), Sodium: 394.4mg (17.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.85%), Fiber: 18.61g (74.43%), Folate: 283.42µg (70.85%), Vitamin A: 2605.18IU (52.1%), Vitamin B1: 0.69mg (46.12%), Manganese: 0.85mg (42.61%), Phosphorus: 363.33mg (36.33%), Iron: 4.97mg (27.62%), Vitamin B6: 0.52mg (25.79%), Potassium: 894.29mg (25.55%), Vitamin B3: 4.68mg (23.4%), Zinc: 3.26mg (21.76%), Magnesium: 85.02mg (21.25%), Copper: 0.42mg (20.95%), Vitamin B5: 1.47mg (14.71%), Selenium: 10.19µg (14.56%), Vitamin B2: 0.21mg (12.43%), Vitamin C: 9.93mg (12.04%), Vitamin K: 6.96µg (6.63%), Calcium: 55.04mg (5.5%), Vitamin B12: 0.25µg (4.1%), Vitamin D: 0.6µg (3.97%), Vitamin E: 0.44mg (2.95%)