



Slow Cooker Lentil and Ham Soup

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



680 min.

SERVINGS



6

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black
- 1 cup carrots chopped
- 1 cup celery chopped
- 32 ounces chicken broth
- 1.5 cups ham diced cooked
- 0.5 teaspoon basil dried
- 1 cup lentils dried

- 0.3 teaspoon thyme leaves dried
- 2 cloves garlic minced
- 1 cup onion chopped
- 0.5 teaspoon oregano dried
- 8 teaspoons tomato sauce
- 1 cup water

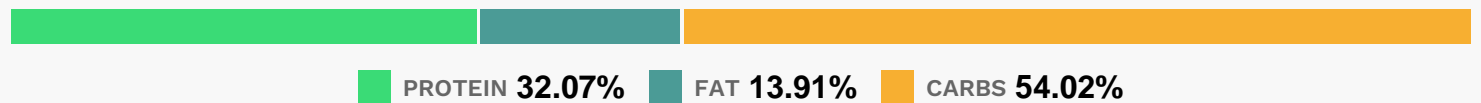
Equipment

- slow cooker

Directions

- In a 3 1/2 quart or larger slow cooker combine the lentils, celery, carrots, onion, garlic and ham. Season with basil, thyme, oregano, the bay leaf and pepper. Stir in the chicken broth, water and tomato sauce. Cover and cook on Low for 11 hours. Discard the bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:40.41, Glycemic Load:3.85, Inflammation Score:-10, Nutrition Score:19.327825981638%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 189.97kcal (9.5%), Fat: 2.96g (4.55%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 14.51g (5.28%), Sugar: 3.92g (4.36%), Cholesterol: 23.65mg (7.88%), Sodium: 951.84mg (41.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.69%), Vitamin A: 3690.64IU (73.81%), Fiber: 11.34g (45.37%), Folate: 170.74µg (42.69%), Vitamin B1: 0.5mg (33%), Manganese: 0.65mg (32.31%), Phosphorus: 256.11mg (25.61%), Iron: 3.2mg (17.75%), Vitamin B6: 0.34mg (17.07%), Potassium: 592.52mg (16.93%), Zinc: 2.43mg (16.19%),

Vitamin B2: 0.26mg (15.34%), Vitamin C: 12.55mg (15.21%), Magnesium: 56.49mg (14.12%), Copper: 0.27mg (13.4%), Selenium: 9.27µg (13.25%), Vitamin B3: 2.55mg (12.75%), Vitamin K: 12.97µg (12.35%), Vitamin B5: 1.11mg (11.07%), Vitamin B12: 0.43µg (7.14%), Calcium: 55.31mg (5.53%), Vitamin E: 0.55mg (3.65%)