



WHATSheATE



Slow-Cooker Lentil and Spinach Soup



Gluten Free



Dairy Free

READY IN



550 min.

SERVINGS



8

CALORIES



203 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



6 oz baby spinach fresh



4 slices bacon chopped



1.5 cups carrots sliced (4 medium)



32 oz chicken broth (4 cups)



2 bay leaves dried



8 oz lentils dried rinsed



4 cloves garlic finely chopped



4 teaspoons olive oil

- ☐ 1 cup onion finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 tablespoon tomato paste
- ☐ 32 oz vegetable stock (4 cups)

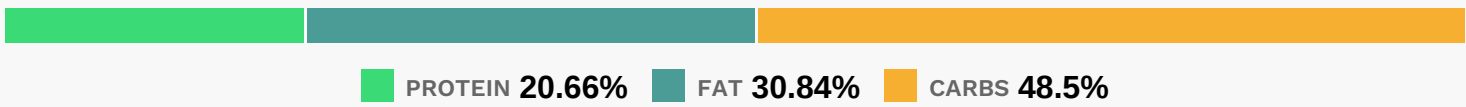
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray. In 10-inch skillet, heat oil over medium-high heat. Cook onion in oil 2 minutes, stirring frequently, until tender.
- ☐ Add garlic and tomato paste; cook 1 minute. Spoon mixture into slow cooker. Stir in remaining ingredients except spinach.
- ☐ Cover; cook on Low heat setting 9 hours. Discard bay leaves. Stir in spinach just before serving.

Nutrition Facts



Properties

Glycemic Index:40.93, Glycemic Load:4.29, Inflammation Score:-10, Nutrition Score:22.602608599093%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 203.35kcal (10.17%), Fat: 7.09g (10.91%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 25.1g (8.37%), Net Carbohydrates: 14.78g (5.38%), Sugar: 4.36g (4.85%), Cholesterol: 9.53mg (3.18%), Sodium: 1217.14mg (52.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.38%), Vitamin A: 6307.27IU (126.15%), Vitamin K: 109.02µg (103.83%), Folate: 185.87µg (46.47%), Fiber: 10.31g (41.25%), Manganese: 0.74mg (36.76%), Vitamin B1: 0.35mg (23.18%), Phosphorus: 177.3mg (17.73%), Iron: 3.12mg (17.32%), Potassium: 567.25mg (16.21%), Vitamin B6: 0.31mg (15.28%), Magnesium: 60.58mg (15.15%), Vitamin C: 11.44mg (13.86%), Zinc: 1.81mg (12.04%), Vitamin B2: 0.2mg (11.84%), Copper: 0.23mg (11.51%), Vitamin B3: 1.92mg (9.6%), Selenium: 5.68µg (8.12%), Vitamin E: 1.2mg (8.01%), Vitamin B5: 0.8mg (7.96%), Calcium: 59.9mg (5.99%), Vitamin B12: 0.08µg (1.29%)