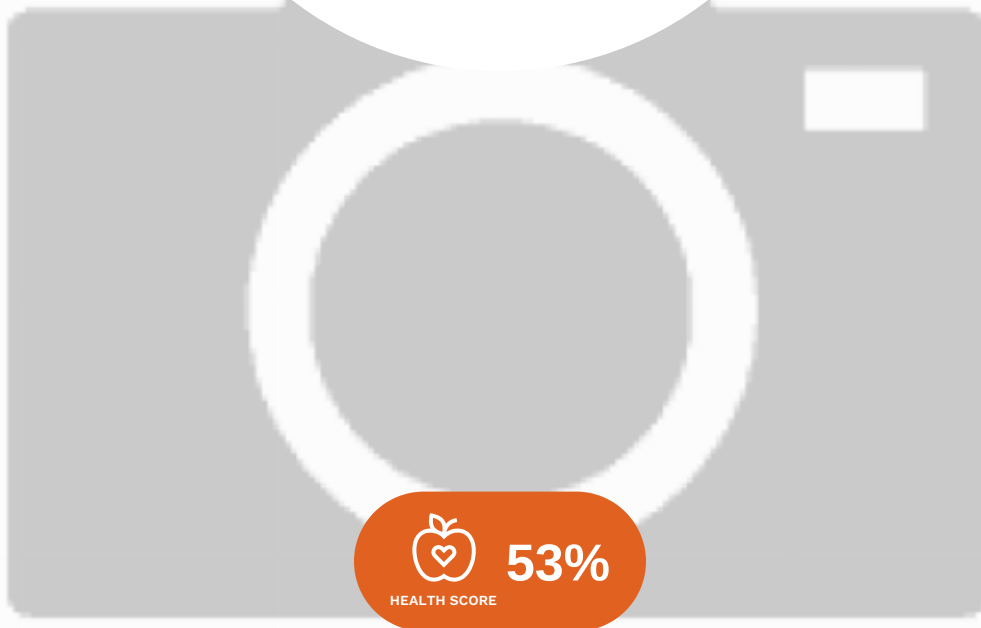




Slow Cooker Lentil Rice Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



440 min.

SERVINGS



12

CALORIES



238 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 cup mushrooms fresh sliced
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 cups lentils dry
- ☐ 2 cups brown rice long grain uncooked
- ☐ 0.5 onion chopped

- ☐ 1 tablespoon salt
- ☐ 1 cup vegetable broth
- ☐ 8 cups water

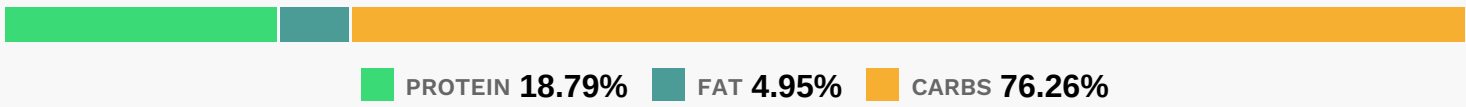
Equipment

- ☐ slow cooker

Directions

- ☐ Place the lentils, rice, carrots, celery, onion, water, broth, garlic powder, ground black pepper and salt in a slow cooker.
- ☐ Cover and cook on low setting for 7 to 8 hours. Stir in the mushrooms 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:20.37, Glycemic Load:2.97, Inflammation Score:-9, Nutrition Score:18.552174066882%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 237.62kcal (11.88%), Fat: 1.31g (2.01%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 33.96g (12.35%), Sugar: 2g (2.22%), Cholesterol: 0mg (0%), Sodium: 683.14mg (29.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.36%), Manganese: 1.62mg (81.18%), Fiber: 11.41g (45.63%), Folate: 165.35µg (41.34%), Vitamin A: 1855.61IU (37.11%), Vitamin B1: 0.42mg (28.05%), Phosphorus: 261.11mg (26.11%), Magnesium: 87.98mg (22%), Vitamin B6: 0.37mg (18.29%), Iron: 2.98mg (16.57%), Copper: 0.31mg (15.66%), Selenium: 10.73µg (15.33%), Zinc: 2.26mg (15.06%), Vitamin B3: 2.82mg (14.09%), Vitamin B5: 1.31mg (13.13%), Potassium: 455.77mg (13.02%), Vitamin B2: 0.14mg (8.16%), Vitamin K: 4.98µg (4.75%), Vitamin E: 0.61mg (4.09%), Calcium: 37.17mg (3.72%), Vitamin C: 2.68mg (3.25%)