



WHATSheATE



HEALTH SCORE

68%

Slow-Cooker Lentil Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



555 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 pound ham smoked



64 ounces chicken broth (8 cups)



16 ounces lentils dried rinsed ()



2 cups celery stalks chopped



2 cups carrots chopped



3 tablespoons parsley fresh chopped



3 cloves garlic finely chopped



2 cups pkt spinach fresh shredded

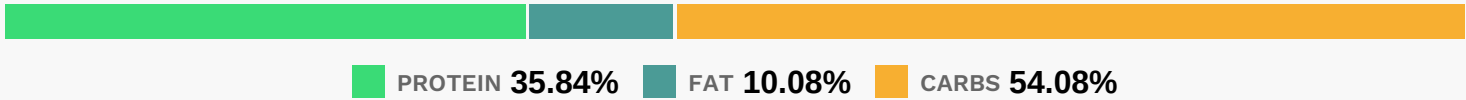
Equipment

- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Mix all ingredients except spinach in 5- to 6-quart slow cooker.
- ☐ Cover and cook on Low heat setting 8 to 9 hours or until lentils are tender.
- ☐ Remove ham from cooker; place on cutting board. Pull meat from bones, using 2 forks; discard bones and skin. Stir ham and spinach into soup. Stir well before serving.

Nutrition Facts



Properties

Glycemic Index:24.68, Glycemic Load:5.41, Inflammation Score:-10, Nutrition Score:29.973478721536%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Apigenin: 3.95mg, Apigenin: 3.95mg, Apigenin: 3.95mg, Apigenin: 3.95mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg

Nutrients (% of daily need)

Calories: 290.48kcal (14.52%), Fat: 3.28g (5.05%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 20.84g (7.58%), Sugar: 4.09g (4.55%), Cholesterol: 31.75mg (10.58%), Sodium: 1582.38mg (68.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.59%), Vitamin A: 6315.68IU (126.31%), Folate: 303.62µg (75.91%), Fiber: 18.83g (75.33%), Vitamin K: 75.3µg (71.72%), Manganese: 1.02mg (50.93%), Phosphorus: 420.42mg (42.04%), Vitamin B1: 0.58mg (38.56%), Iron: 5.63mg (31.29%), Potassium: 956.97mg (27.34%), Zinc: 4.07mg (27.16%), Magnesium: 102.59mg (25.65%), Copper: 0.5mg (25.15%), Vitamin B6: 0.4mg (19.95%), Vitamin B2: 0.3mg (17.84%), Vitamin B5: 1.4mg (14.01%), Vitamin B3: 2.45mg (12.25%), Vitamin C: 9.62mg (11.66%), Selenium: 5.98µg (8.55%), Calcium: 78.68mg (7.87%), Vitamin E: 0.81mg (5.42%)