



Slow-Cooker Sweet Potato and Lentil Soup

 Vegetarian  Gluten Free

READY IN



505 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium carrots cut into 1/2-inch pieces
- 3 stalks celery cut into 1/2-inch pieces
- 1 teaspoon curry powder
- 0.5 cup cilantro leaves fresh chopped
- 2 cloves garlic thinly sliced
- 1 piece ginger finely grated peeled
- 4 servings kosher salt
- 2 leeks light white green halved lengthwise cut into 1/2-inch pieces (and parts only)

- 0.8 cup lentils dried red yellow
- 1 large sweet potatoes and into diced peeled
- 1 tablespoon butter unsalted

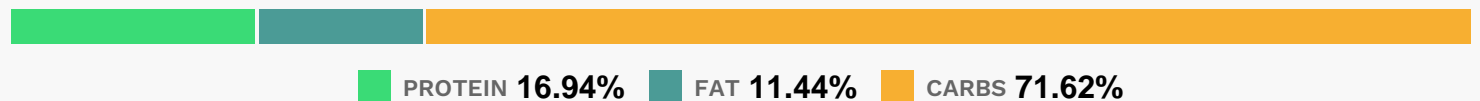
Equipment

- frying pan
- whisk
- slow cooker

Directions

- Combine the sweet potato, carrots, celery, leeks, lentils, ginger, 3/4 teaspoon curry powder and 1 teaspoon salt in a 4-to-6-quart slow cooker.
- Add 6 cups water and stir, then cover and cook on low, undisturbed, 8 hours.
- Stir the soup vigorously with a whisk to make a rough puree. Thin with hot water, if desired.
- Melt the butter in a small skillet over medium-high heat.
- Add the garlic and the remaining 1/4 teaspoon curry powder and cook until the curry powder is slightly toasted, about 1 minute. Stir the curry mixture into the soup and add the lemon juice, cilantro, and salt to taste.
- Serve with lemon wedges.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:68.86, Glycemic Load:14.6, Inflammation Score:-10, Nutrition Score:26.0804344454848%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

1.35mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 281.1kcal (14.05%), Fat: 3.66g (5.63%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 35.12g (12.77%), Sugar: 8.67g (9.63%), Cholesterol: 7.53mg (2.51%), Sodium: 309.21mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.19g (24.37%), Vitamin A: 20819.99IU (416.4%), Fiber: 16.38g (65.52%), Folate: 232.12µg (58.03%), Manganese: 1.07mg (53.41%), Vitamin K: 46.05µg (43.85%), Vitamin B1: 0.45mg (30%), Vitamin B6: 0.59mg (29.57%), Potassium: 967.04mg (27.63%), Iron: 4.59mg (25.48%), Phosphorus: 247.53mg (24.75%), Magnesium: 89.41mg (22.35%), Copper: 0.42mg (20.87%), Vitamin B5: 1.74mg (17.39%), Vitamin C: 13.75mg (16.66%), Zinc: 2.24mg (14.9%), Vitamin B2: 0.19mg (11.35%), Vitamin B3: 2.2mg (11%), Calcium: 106.7mg (10.67%), Vitamin E: 1.44mg (9.58%), Selenium: 4.47µg (6.39%)