



Sopa de Lentejas (Andalucian Lentil Soup)



Gluten Free



Dairy Free

READY IN



555 min.

SERVINGS



6

CALORIES



172 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 slices bacon chopped
- ☐ 1 bay leaf
- ☐ 2 links chorizo sausage spanish chopped
- ☐ 1 clove garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 2 potatoes cubed peeled

☐

2 roma tomatoes chopped plum

Equipment

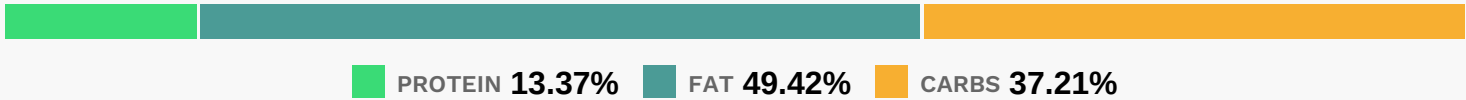
☐

pot

Directions

- ☐
- Heat olive oil in a large pot over medium heat. Cook the bacon just until it starts to brown a bit, 5 to 8 minutes.
- ☐
- Add the olive oil, onion, and bell pepper; cook and stir until vegetables begin to soften, about 5 minutes.
- ☐
- Stir in the garlic, tomatoes, sausage, and bay leaf; cook about 4 minutes.
- ☐
- Add lentils and water (water should be about an inch deeper than the level of the lentils). Bring to a boil over high heat. Reduce heat to low; simmer, uncovered, until lentils are just cooked, 15 to 20 minutes.
- ☐
- Put the potatoes into the soup and continue simmering until potatoes are cooked through, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:31.46, Glycemic Load:9.77, Inflammation Score:-5, Nutrition Score:7.4165218012488%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 172.22kcal (8.61%), Fat: 9.51g (14.63%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 13.64g (4.96%), Sugar: 2.36g (2.62%), Cholesterol: 26.95mg (8.98%), Sodium: 55.62mg (2.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Vitamin C: 39.97mg (48.45%), Vitamin B6: 0.32mg (15.92%), Potassium: 426mg (12.17%), Fiber: 2.47g (9.89%), Manganese: 0.19mg (9.53%), Vitamin A: 409IU

(8.18%), Vitamin B1: 0.11mg (7.03%), Phosphorus: 66.06mg (6.61%), Vitamin B3: 1.29mg (6.43%), Iron: 1.12mg (6.2%), Magnesium: 23.44mg (5.86%), Copper: 0.11mg (5.69%), Vitamin K: 5.94µg (5.65%), Folate: 19.97µg (4.99%), Vitamin E: 0.56mg (3.76%), Vitamin B5: 0.31mg (3.14%), Selenium: 1.85µg (2.64%), Zinc: 0.39mg (2.61%), Vitamin B2: 0.04mg (2.57%), Calcium: 24.54mg (2.45%)