



Sopa de Lentejas (Andalucian Lentil Soup)



Gluten Free



Dairy Free

READY IN



555 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon chopped
- ☐ 1 bay leaf
- ☐ 1.3 cups brown lentils dry drained
- ☐ 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
- ☐ 2 cups water or as needed

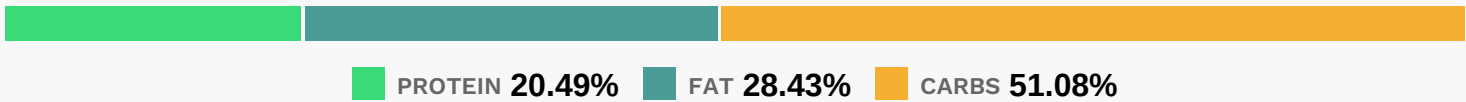
Equipment

- ☐ 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:35.56, Glycemic Load:12.68, Inflammation Score:-8, Nutrition Score:19.195652197884%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg 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 Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 313.42kcal (15.67%), Fat: 9.93g (15.28%), Saturated Fat: 3.93g (24.56%), Carbohydrates: 40.14g (13.38%), Net Carbohydrates: 25.47g (9.26%), Sugar: 3.17g (3.52%), Cholesterol: 26.95mg (8.98%), Sodium: 61.96mg (2.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.22%), Fiber: 14.67g (58.69%), Folate: 211.57µg (52.89%), Vitamin C: 41.73mg (50.58%), Manganese: 0.72mg (36.13%), Vitamin B1: 0.45mg (30.31%), Vitamin B6: 0.53mg (26.72%), Phosphorus: 246.46mg (24.65%), Potassium: 808mg (23.09%), Iron: 4.13mg (22.95%), Magnesium: 73.03mg (18.26%), Copper: 0.33mg (16.7%), Zinc: 2.31mg (15.41%), Vitamin B5: 1.17mg (11.7%), Vitamin B3: 2.33mg (11.64%), Vitamin A: 424.6IU (8.49%), Vitamin K: 7.94µg (7.56%), Vitamin B2: 0.13mg (7.54%), Selenium: 5.17µg (7.39%), Vitamin E: 0.76mg (5.06%), Calcium: 49.3mg (4.93%)