

 100%
HEALTH SCORE

Spanish-Style Lentil Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 carrots
- ☐ 14.5 ounce chicken broth canned
- ☐ 0.3 pound ham diced
- ☐ 1 pound lentils dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 garlic cloves
- ☐ 3 tablespoons olive oil

- ☐ 1 large onion
- ☐ 2 teaspoons paprika
- ☐ 0.5 teaspoon pepper
- ☐ 1 large potatoes peeled
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound sausage smoked

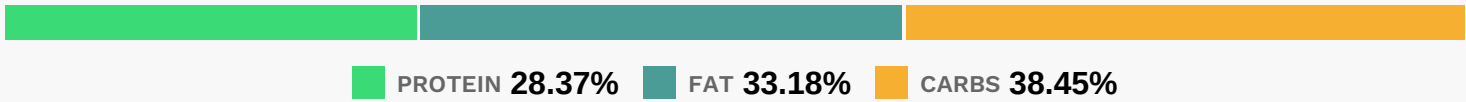
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine first 3 ingredients and enough water to cover in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- ☐ Chop onion, potato, and garlic; slice carrots and sausage.
- ☐ Saute onion, carrot, and garlic in olive oil in a large skillet until tender; stir into lentil mixture.
- ☐ Add potato, sausage, chicken broth, and next 4 ingredients. Cover mixture, and simmer, stirring occasionally, for 45 minutes or until done. Stir in parsley, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:72.8, Glycemic Load:22.15, Inflammation Score:-10, Nutrition Score:52.996522032696%

Flavonoids

Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 993.74kcal (49.69%), Fat: 36.46g (56.1%), Saturated Fat: 9.24g (57.75%), Carbohydrates: 95.11g (31.7%), Net Carbohydrates: 56.45g (20.53%), Sugar: 6.71g (7.46%), Cholesterol: 106.83mg (35.61%), Sodium: 1674.75mg (72.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.15g (140.29%), Fiber: 38.66g (154.65%), Folate: 578.93µg (144.73%), Vitamin A: 5989.8IU (119.8%), Manganese: 1.87mg (93.67%), Vitamin B1: 1.26mg (83.99%), Phosphorus: 813.7mg (81.37%), Iron: 12.07mg (67.05%), Vitamin B6: 1.33mg (66.26%), Zinc: 9.7mg (64.66%), Potassium: 1942.12mg (55.49%), Selenium: 36.75µg (52.5%), Vitamin K: 54.35µg (51.76%), Magnesium: 197.78mg (49.44%), Vitamin B3: 8.72mg (43.59%), Copper: 0.83mg (41.29%), Vitamin C: 31.42mg (38.09%), Vitamin B12: 1.88µg (31.4%), Vitamin B5: 3.13mg (31.33%), Vitamin B2: 0.51mg (30.23%), Vitamin E: 2.93mg (19.5%), Calcium: 124.58mg (12.46%), Vitamin D: 0.73µg (4.84%)