



Spiced Potato & Red Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch chilli powder good
- ☐ 1 handful coriander fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 cm piece ginger finely chopped
- ☐ 1 tsp ground cumin
- ☐ 1 tsp ground turmeric
- ☐ 1 tbsp olive oil
- ☐ 1 onion finely chopped

- ☐ 4 medium potatoes chopped (1 cm approx)
- ☐ 4 servings salt & pepper freshly ground to taste
- ☐ 4 cups vegetable stock

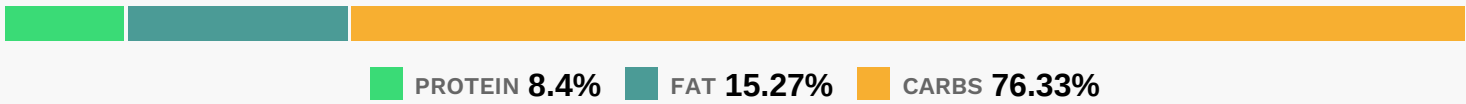
Equipment

- ☐ frying pan

Directions

- ☐ Saute the onion, garlic and fresh ginger until the onion is soft and translucent.
- ☐ Add the spices and mix well.
- ☐ Add a splash of water to prevent the spiced onions from sticking to the pan.
- ☐ Add the potatoes and lentils, then pour in the stock. Bring to the boil, then reduce to a simmer and cook for 25–30 minutes until the potatoes and lentils are tender.
- ☐ Season with salt and pepper to taste, then add the fresh coriander and serve.note: For a delicious dal, cook the soup for longer until really thick and serve with rice and naan bread or chapatis.

Nutrition Facts



Properties

Glycemic Index:60.69, Glycemic Load:29.3, Inflammation Score:-10, Nutrition Score:12.823912915976%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 224.34kcal (11.22%), Fat: 3.91g (6.02%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 38.56g (14.02%), Sugar: 4.9g (5.45%), Cholesterol: 0mg (0%), Sodium: 1150.01mg (50%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Vitamin C: 44.77mg (54.26%), Vitamin B6:

0.69mg (34.38%), Potassium: 975.75mg (27.88%), Manganese: 0.44mg (22.14%), Fiber: 5.41g (21.64%), Magnesium: 55.87mg (13.97%), Phosphorus: 135.65mg (13.57%), Iron: 2.35mg (13.03%), Copper: 0.26mg (12.86%), Vitamin B1: 0.19mg (12.65%), Vitamin B3: 2.36mg (11.8%), Vitamin A: 586.67IU (11.73%), Folate: 40.41µg (10.1%), Vitamin K: 9.51µg (9.05%), Vitamin B5: 0.68mg (6.78%), Zinc: 0.73mg (4.89%), Vitamin B2: 0.08mg (4.81%), Vitamin E: 0.6mg (4.03%), Calcium: 40.09mg (4.01%), Selenium: 0.96µg (1.37%)