



Spicy Ginger and French Lentil Soup

 Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 quart beef broth
- 1 cup carrot juice
- 1 teaspoon chipotle sauce
- 5 slices bacon crumbled cooked
- 1.5 cups green lentils dried
- 1 tablespoon olive oil extra virgin
- 0.5 cup ginger fresh minced peeled
- 1 pork hock

- 4 servings kosher salt
- 4 servings yogurt plain
- 1 large onion red minced
- 1 tablespoon butter unsalted
- 2 cups wine sweet (Gewürztraminer or Riesling)

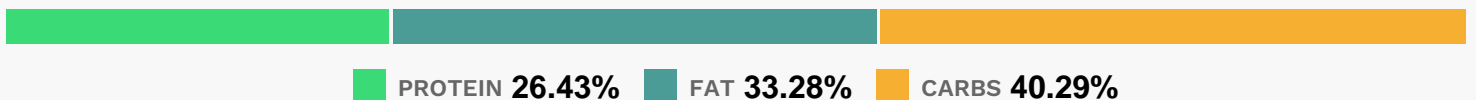
Equipment

- bowl
- frying pan
- ladle
- pot
- blender

Directions

- Pour the broth into a large pot, and bring to a simmer over medium heat.
- Add the lentils, cover the pot, and reduce the heat to maintain a slow simmer.
- Meanwhile, add the butter and olive oil to a 10-inch skillet set over medium heat.
- Add the onion, ginger, and chile powder. Cook, stirring occasionally, until the onion is soft, seven to ten minutes.
- Add the onion mixture to a blender along with the carrot juice. Process until smooth.
- Add this sauce into the pot, along with the ham hock and wine. Cover the pot, and simmer until the lentils are tender, about 45 minutes. If you want a little more mellow soup, continuing cooking for an additional 30 minutes or so. Season to taste with salt.
- Ladle the soup into bowls, and serve with a dollop of yogurt and a sprinkling of the crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:35.9, Glycemic Load:8.72, Inflammation Score:-10, Nutrition Score:33.776956729267%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg 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: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 660.22kcal (33.01%), Fat: 21.2g (32.61%), Saturated Fat: 7.56g (47.23%), Carbohydrates: 57.73g (19.24%), Net Carbohydrates: 34.24g (12.45%), Sugar: 6.85g (7.61%), Cholesterol: 63.88mg (21.29%), Sodium: 1402.04mg (60.96%), Alcohol: 12.36g (100%), Alcohol %: 2.66% (100%), Protein: 37.87g (75.75%), Vitamin A: 11403.95IU (228.08%), Fiber: 23.49g (93.97%), Folate: 359.89µg (89.97%), Manganese: 1.26mg (63.21%), Vitamin B1: 0.77mg (51.05%), Phosphorus: 454.5mg (45.45%), Iron: 7.36mg (40.9%), Potassium: 1371.13mg (39.18%), Vitamin B6: 0.71mg (35.33%), Magnesium: 124.04mg (31.01%), Zinc: 4.09mg (27.3%), Vitamin B3: 5.25mg (26.26%), Copper: 0.45mg (22.74%), Vitamin B5: 1.95mg (19.54%), Selenium: 13.46µg (19.22%), Vitamin B2: 0.29mg (17.02%), Vitamin K: 15.7µg (14.95%), Vitamin C: 10.82mg (13.12%), Vitamin E: 1.7mg (11.34%), Calcium: 99.53mg (9.95%), Vitamin B12: 0.28µg (4.74%)