

health-score100%

HEALTH SCORE

Spicy Lentil Soup

☒ Vegetarian ☒ Very Healthy

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serrano chile pepper chopped for less heat remove seeds
- ☐ 0.3 cup cilantro leaves fresh plus more for topping roughly chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1.5 inch ginger grated peeled
- ☐ 0.3 cup greek yogurt
- ☐ 0.3 teaspoon ground turmeric
- ☐ 4 servings kosher salt
- ☐ 4 servings naan breads for serving

- ☐ 2 cups lentils red picked over rinsed
- ☐ 1 large tomatoes roughly chopped

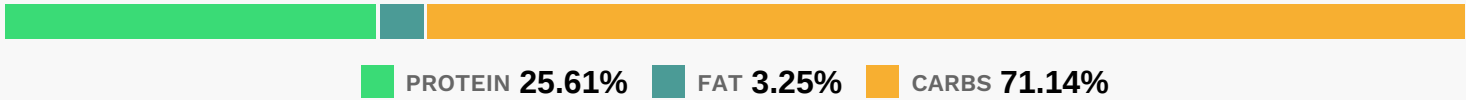
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Combine the lentils and 7 cups warm water in a pot, cover and bring to a boil.
- ☐ Add the chile pepper, tomato, ginger, garlic, turmeric and 2 teaspoons salt. Partially cover and simmer over medium-low heat, stirring frequently, until thickened, 18 to 20 minutes. Stir in the cilantro. Thin the soup with water, if desired, and season with salt.
- ☐ Mix the yogurt with 2 teaspoons water and a pinch of salt in a small bowl. Ladle the soup into bowls and top with the yogurt and more cilantro.
- ☐ Serve with naan.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:60.4, Glycemic Load:28.05, Inflammation Score:-9, Nutrition Score:30.5099999938633%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Galliccatechin: 0.13mg, Galliccatechin: 0.13mg, Galliccatechin: 0.13mg, Galliccatechin: 0.13mg

Nutrients (% of daily need)

Calories: 450.12kcal (22.51%), Fat: 1.63g (2.5%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 80.01g (26.67%), Net Carbohydrates: 50.92g (18.52%), Sugar: 3.57g (3.97%), Cholesterol: 0.63mg (0.21%), Sodium: 421.75mg (18.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.59%), Fiber: 29.09g (116.34%), Folate: 449.77µg (112.44%), Manganese: 1.5mg (75.17%), Vitamin B1: 0.92mg (61.26%), Phosphorus: 478.37mg (47.84%), Iron: 7.62mg (42.31%), Magnesium: 129.11mg (32.28%), Zinc: 4.83mg (32.21%), Potassium: 1065.86mg (30.45%), Vitamin B6: 0.59mg (29.37%), Copper: 0.58mg (29.05%), Vitamin B5: 2.19mg (21.94%), Vitamin B3: 3.57mg (17.87%), Vitamin B2: 0.28mg (16.41%), Vitamin C: 12mg (14.55%), Selenium: 9.07µg (12.95%), Calcium: 108.9mg (10.89%), Vitamin K: 11.43µg (10.88%), Vitamin A: 496.35IU (9.93%), Vitamin E: 0.74mg (4.91%), Vitamin B12: 0.09µg (1.46%)