

Spicy Lentil Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large carrots chopped
- ☐ 0.1 teaspoon cayenne pepper to taste
- ☐ 1 large stalk celery chopped
- ☐ 6 cups chicken stock see
- ☐ 4 cloves garlic chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped

- ☐ 0.1 teaspoon pepper flakes red crushed to taste
- ☐ 2 tablespoons tomato paste

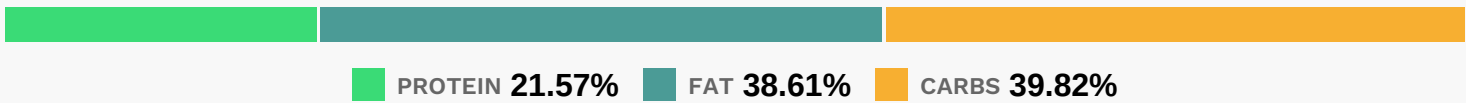
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan over medium heat; cook and stir onion and garlic until onion is translucent, about 5 minutes.
- ☐ Stir in carrot and celery; cook, stirring often, until vegetables are tender, about 8 more minutes.
- ☐ Stir in tomato paste, crushed red pepper, cayenne pepper, salt, and black pepper; mix in chicken stock and lentils.
- ☐ Bring soup to a boil and reduce heat to low; simmer until lentils are soft, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:40.81, Glycemic Load:1.12, Inflammation Score:-8, Nutrition Score:7.7065217754115%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 123.96kcal (6.2%), Fat: 5.32g (8.18%), Saturated Fat: 1.11g (6.97%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 11.41g (4.15%), Sugar: 5.46g (6.07%), Cholesterol: 7.2mg (2.4%), Sodium: 403.52mg (17.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.37%), Vitamin A: 2171.7IU (43.43%), Vitamin B3: 4.14mg (20.7%), Vitamin B2: 0.23mg (13.54%), Potassium: 392.97mg (11.23%), Vitamin B6: 0.22mg (10.87%), Selenium: 5.95µg (8.5%), Copper: 0.17mg (8.43%), Phosphorus: 81.39mg (8.14%), Vitamin K: 7.5µg (7.15%), Vitamin B1: 0.1mg (6.99%), Vitamin E: 0.78mg (5.18%), Folate: 20.16µg (5.04%), Manganese: 0.1mg (5.03%), Vitamin C: 3.84mg

(4.65%), Iron: 0.8mg (4.45%), Magnesium: 15.92mg (3.98%), Fiber: 0.93g (3.73%), Zinc: 0.45mg (3.01%), Calcium: 23.17mg (2.32%)