

 100%
HEALTH SCORE

Spicy Lentil Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 broccoli floret chopped



1 cup brown lentils



1 carrots sliced



1 teaspoon rubbed sage dried



0.5 bell pepper green



1 tablespoon ground ginger



1 tablespoon ground pepper black



1 tablespoon olive oil

- ☐ 1 onion chopped
- ☐ 1 bell pepper red
- ☐ 1 tablespoon pepper flakes red crushed
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 cups vegetable broth
- ☐ 3 cups water

Equipment

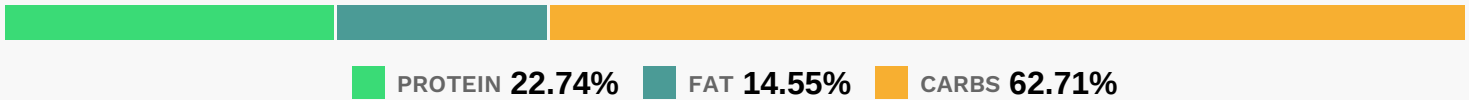
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil.
- ☐ Cut the peppers in half from top to bottom; remove the stem, seeds, and ribs, then place the peppers cut-side-down onto the prepared baking sheet.
- ☐ Bake in the preheated oven until limp, 30 to 40 minutes. Turn the peppers over halfway through cooking. Once ready, place the peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove the skins and discard. Chop the peppers
- ☐ Meanwhile, bring the water and lentils to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the lentils are tender, about 30 minutes.
- ☐ Drain, rinse, and set aside.

- ☐ Heat the olive oil in a large saucepan over medium heat. Stir in the carrot, onion, and broccoli; cook and stir until the onion has softened, about 5 minutes.
- ☐ Pour in some of the vegetable broth, cover, and steam the vegetables until tender.
- ☐ Pour in the remaining vegetable broth and chopped peppers; season with the red pepper flakes, ginger, black pepper, thyme, and sage. Simmer until the flavors come together and the vegetables are very tender, about 20 to 30 minutes.
- ☐ Add water if needed to maintain your desired consistency. Stir in the cooked lentils until hot.
- ☐ If desired, pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.

Nutrition Facts



Properties

Glycemic Index:73.61, Glycemic Load:7.81, Inflammation Score:-10, Nutrition Score:39.845652124156%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 12.15mg, Kaempferol: 12.15mg, Kaempferol: 12.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 300.07kcal (15%), Fat: 5.15g (7.92%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 49.93g (16.64%), Net Carbohydrates: 28.24g (10.27%), Sugar: 8.25g (9.17%), Cholesterol: 0mg (0%), Sodium: 578.73mg (25.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.21%), Vitamin C: 191.5mg (232.12%), Vitamin K: 169.24µg (161.18%), Vitamin A: 5377.49IU (107.55%), Folate: 350.25µg (87.56%), Fiber: 21.7g (86.78%), Manganese: 1.72mg (85.86%), Vitamin B1: 0.58mg (38.79%), Vitamin B6: 0.76mg (37.78%), Phosphorus: 351.85mg (35.18%), Potassium: 1195.26mg (34.15%), Iron: 5.86mg (32.58%), Magnesium: 111.02mg (27.75%), Vitamin E: 3.34mg (22.24%), Zinc: 3.27mg (21.81%), Copper: 0.43mg (21.67%), Vitamin B5: 2.13mg (21.29%), Vitamin B2: 0.35mg (20.64%), Vitamin B3: 3.15mg (15.73%), Calcium: 135.71mg (13.57%), Selenium: 9.15µg (13.07%)