



 **86%**
HEALTH SCORE

Spicy Tomato and Lentil Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced peeled canned
- 1 chile pepper chopped
- 1 teaspoon basil dried
- 0.5 teaspoon ground cumin
- 1 tablespoon olive oil
- 1 onion finely chopped
- 1 cup lentils red
- 4 servings salt and pepper to taste

1 cup water

Equipment

bowl

frying pan

sauce pan

blender

dutch oven

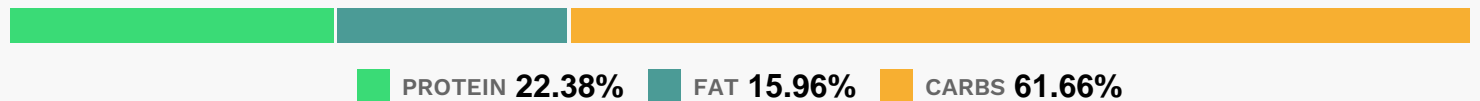
Directions

Heat the olive oil in a large saucepan or Dutch oven. Lightly brown the onions in the oil.

Add the tomatoes, chili pepper, lentils, cumin and basil to the pan along with the water. Bring to a boil, then reduce heat to medium-low and simmer for about 20 minutes, or until the lentils are tender.

When the lentils have softened, use a stick blender to puree the soup. Season to taste with salt and pepper. For a special touch, put sour cream in a squirt bottle, and squeeze a spiral onto the top of each bowl of soup, and garnish with a sprig of fresh basil.

Nutrition Facts



Properties

Glycemic Index:34.9, Glycemic Load:6.32, Inflammation Score:-8, Nutrition Score:21.222173981045%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg 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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

Nutrients (% of daily need)

Calories: 239.7kcal (11.98%), Fat: 4.41g (6.78%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 21.88g (7.96%), Sugar: 7.21g (8.01%), Cholesterol: 0mg (0%), Sodium: 337.89mg (14.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.82%), Fiber: 16.43g (65.74%), Folate: 237.52µg (59.38%), Manganese: 0.88mg (43.82%), Vitamin C: 29.66mg (35.95%), Vitamin B1: 0.49mg (32.83%), Iron: 5.31mg (29.52%), Phosphorus: 250.58mg (25.06%), Vitamin B6: 0.49mg (24.58%), Potassium: 818.35mg (23.38%), Copper: 0.46mg (23.19%), Magnesium: 84.08mg (21.02%), Zinc: 2.54mg (16.94%), Vitamin K: 15.79µg (15.04%), Vitamin E: 2.13mg (14.18%), Vitamin B3: 2.62mg (13.12%), Vitamin B5: 1.31mg (13.07%), Vitamin B2: 0.17mg (9.96%), Calcium: 77.9mg (7.79%), Vitamin A: 351.18IU (7.02%), Selenium: 4.57µg (6.52%)