



Spicy Tomato Lentil Stew



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



183 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups broth
- ☐ 1 carrots chopped
- ☐ 1 stalk celery minced
- ☐ 0.5 cup cooking wine dry red
- ☐ 5 cloves garlic minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon harissa to taste

- ☐ 0.5 cup lentils rinsed
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 5 small potatoes red chopped
- ☐ 1 teaspoon paprika smoked
- ☐ 0.3 cup sundried tomatoes chopped
- ☐ 2 cups sacramento tomato juice

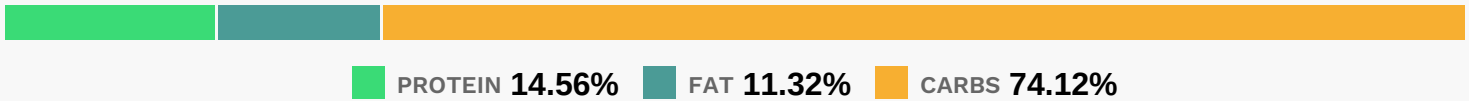
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large soup pot over medium.
- ☐ Add the onions through and including the pepper. Cook and stir, 3 minutes, or until fragrant.
- ☐ Add the remaining ingredients and bring to a boil.Reduce heat to simmer. Simmer 30 to 35 minutes, or until the lentils and potatoes are tender.Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:39.22, Glycemic Load:3.26, Inflammation Score:-9, Nutrition Score:14.166521808375%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 183.38kcal (9.17%), Fat: 2.28g (3.5%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 33.51g (11.17%), Net Carbohydrates: 26.52g (9.64%), Sugar: 6.97g (7.75%), Cholesterol: 0mg (0%), Sodium: 283.63mg (12.33%), Alcohol: 1.58g (100%), Alcohol %: 0.68% (100%), Protein: 6.59g (13.17%), Vitamin A: 1865.59IU (37.31%), Vitamin C: 24.93mg (30.22%), Fiber: 6.99g (27.96%), Potassium: 940.46mg (26.87%), Manganese: 0.51mg (25.54%), Folate: 98.4µg (24.6%), Vitamin B6: 0.39mg (19.62%), Vitamin B1: 0.26mg (17.23%), Copper: 0.31mg (15.73%), Phosphorus: 156.46mg (15.65%), Magnesium: 56.45mg (14.11%), Iron: 2.46mg (13.67%), Vitamin B3: 2.42mg (12.1%), Vitamin K: 10.63µg (10.13%), Vitamin B5: 0.85mg (8.54%), Zinc: 1.18mg (7.89%), Vitamin B2: 0.11mg (6.63%), Vitamin E: 0.67mg (4.48%), Calcium: 41.87mg (4.19%), Selenium: 2.35µg (3.36%)