



## Spicy Vegan Lentil Quinoa Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup carrots chopped
- 1 cup celery chopped
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 tablespoon ground ginger
- 1 cup lentils dry
- 0.5 cup mushrooms
- 0.5 cup quinoa

4 cups water

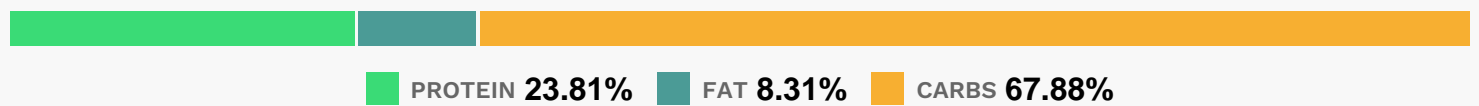
## Equipment

sauce pan

## Directions

Combine water, celery, lentils, quinoa, carrots, mushrooms, chili powder, cumin, and ginger in a saucepan. Cover saucepan and cook soup over medium-low heat until vegetables and lentils are tender, 45 to 60 minutes.

## Nutrition Facts



## Properties

Glycemic Index:35.11, Glycemic Load:4.22, Inflammation Score:-10, Nutrition Score:26.861304334324%

## Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

## Nutrients (% of daily need)

Calories: 275.83kcal (13.79%), Fat: 2.59g (3.99%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 29.57g (10.75%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 83.27mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.45%), Manganese: 1.63mg (81.26%), Fiber: 18.13g (72.52%), Folate: 284.06µg (71.02%), Vitamin A: 3420.45IU (68.41%), Vitamin B1: 0.54mg (35.74%), Iron: 6.34mg (35.21%), Phosphorus: 351.16mg (35.12%), Magnesium: 119.71mg (29.93%), Copper: 0.51mg (25.28%), Vitamin B6: 0.47mg (23.61%), Potassium: 815.37mg (23.3%), Zinc: 3.31mg (22.09%), Vitamin B2: 0.27mg (15.68%), Vitamin B5: 1.5mg (15%), Vitamin K: 14.12µg (13.44%), Vitamin B3: 2.67mg (13.33%), Selenium: 8.21µg (11.72%), Vitamin E: 1.74mg (11.61%), Calcium: 81.7mg (8.17%), Vitamin C: 4.23mg (5.13%)