



HEALTH SCORE

60%

Spicy Vegan Lentil Quinoa Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



106 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon cumin
- ☐ 1 tablespoon ground ginger
- ☐ 0.5 cup mushrooms
- ☐ 0.5 cup quinoa
- ☐ 4 cups water

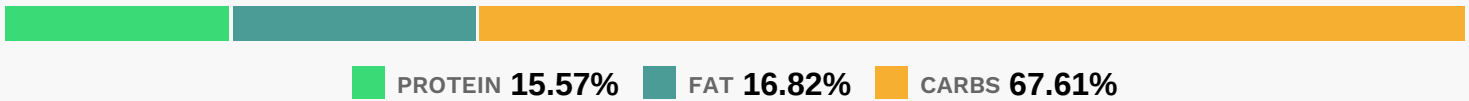
Equipment

☐ 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:28.96, Glycemic Load:0.73, Inflammation Score:-9, Nutrition Score:12.785217346705%

Flavonoids

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

Nutrients (% of daily need)

Calories: 106.39kcal (5.32%), Fat: 2.08g (3.21%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 15.37g (5.59%), Sugar: 1.55g (1.73%), Cholesterol: 0mg (0%), Sodium: 80.39mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.69%), Vitamin A: 3401.73IU (68.03%), Manganese: 0.99mg (49.34%), Magnesium: 61.15mg (15.29%), Iron: 2.72mg (15.1%), Fiber: 3.49g (13.96%), Folate: 54.14µg (13.54%), Phosphorus: 134.68mg (13.47%), Copper: 0.26mg (12.82%), Vitamin K: 11.72µg (11.16%), Vitamin B6: 0.21mg (10.65%), Potassium: 356.97mg (10.2%), Vitamin E: 1.51mg (10.04%), Vitamin B2: 0.17mg (9.72%), Vitamin B1: 0.12mg (7.81%), Vitamin B3: 1.42mg (7.08%), Zinc: 1.02mg (6.8%), Selenium: 4.22µg (6.03%), Calcium: 54.82mg (5.48%), Vitamin B5: 0.47mg (4.73%), Vitamin C: 2.12mg (2.57%)