



Spinach and Lentil Soup with Cheese and Basil

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.8 cup carrots chopped
- ☐ 0.8 cup celery chopped
- ☐ 1 cup brown lentils dried
- ☐ 0.5 cup basil fresh chopped

- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 cups lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.3 cups onion chopped
- ☐ 1 ounce pancetta chopped
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 cups water

Equipment

- ☐ frying pan
- ☐ blender
- ☐ dutch oven

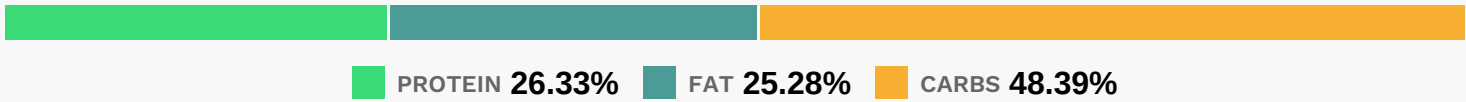
Directions

- ☐ Heat a Dutch oven over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add pancetta; cook 1 minute or until pancetta begins to brown, stirring occasionally.
- ☐ Add onion and next 4 ingredients (through bay leaf); cook 8 minutes or until vegetables are tender, stirring occasionally.
- ☐ Add lentils, broth, and 2 cups water; bring to a boil. Cover, reduce heat, and simmer 40 minutes or until lentils are tender and mixture is slightly thickened.
- ☐ Remove from heat. Discard bay leaf.
- ☐ Place 2 cups lentil mixture in a blender.
- ☐ Remove the center piece of blender lid (to allow steam to escape), and secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters), and blend until smooth. Return pureed lentil mixture to pan.
- ☐ Add baby spinach, chopped basil, Parmesan cheese, lemon juice, and black pepper; stir until spinach wilts.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:84.11, Glycemic Load:5.68, Inflammation Score:-10, Nutrition Score:32.646956461927%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 313.49kcal (15.67%), Fat: 9g (13.84%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 38.75g (12.92%), Net Carbohydrates: 21.2g (7.71%), Sugar: 4.82g (5.36%), Cholesterol: 9.5mg (3.17%), Sodium: 566.84mg (24.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.16%), Vitamin K: 231.49µg (220.47%), Vitamin A: 8343.78IU (166.88%), Folate: 336.86µg (84.22%), Fiber: 17.55g (70.21%), Manganese: 1.19mg (59.69%), Potassium: 1292.03mg (36.92%), Vitamin B1: 0.52mg (34.64%), Phosphorus: 326.79mg (32.68%), Iron: 5.3mg (29.42%), Magnesium: 110.35mg (27.59%), Vitamin C: 22.57mg (27.35%), Vitamin B6: 0.48mg (24.16%), Zinc: 3.01mg (20.1%), Calcium: 191.87mg (19.19%), Copper: 0.38mg (19.07%), Vitamin B2: 0.25mg (14.97%), Vitamin B5: 1.31mg (13.14%), Vitamin E: 1.9mg (12.66%), Vitamin B3: 2.26mg (11.29%), Selenium: 7.79µg (11.14%), Vitamin B12: 0.12µg (2.01%)