



 **57%**
HEALTH SCORE

Spinach Lentil Soup

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



8

CALORIES



167 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 carrots chopped
- 1 cup lentils dry
- 1 onion minced
- 0.5 teaspoon pepper flakes red crushed
- 2 cups reduced sodium chicken broth
- 10 ounce pkt spinach fresh
- 4 ounces turkey kielbasa chopped
- 1 teaspoon vegetable oil

- 6 cups water
- 0.3 cup rice white uncooked

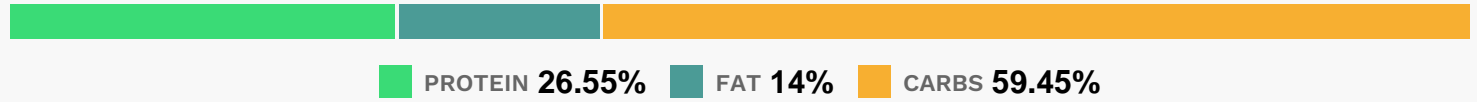
Equipment

- pot

Directions

- In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 20 minutes.
- Heat the oil in a large pot over medium heat, and cook the turkey kielbasa until lightly browned.
- Mix in onion and carrot, and season with red pepper. Cook and stir until tender.
- Pour in the water and broth, and mix in lentils. Bring to a boil, reduce heat to low, and simmer 25 minutes.
- Stir the cooked rice and spinach into the soup, and continue cooking 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.95, Glycemic Load:6.14, Inflammation Score:-10, Nutrition Score:22.717391322488%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 166.79kcal (8.34%), Fat: 2.65g (4.08%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 16.49g (6%), Sugar: 2.13g (2.37%), Cholesterol: 7.51mg (2.5%), Sodium: 233.78mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.61%), Vitamin K: 174.71µg (166.39%), Vitamin A: 4663.86IU

(93.28%), Folate: 189.55µg (47.39%), Manganese: 0.75mg (37.59%), Fiber: 8.82g (35.27%), Iron: 4.39mg (24.39%), Vitamin C: 16.79mg (20.35%), Phosphorus: 185.42mg (18.54%), Vitamin B1: 0.26mg (17.62%), Magnesium: 67.59mg (16.9%), Potassium: 561.38mg (16.04%), Vitamin B6: 0.3mg (15.04%), Copper: 0.27mg (13.59%), Zinc: 1.84mg (12.3%), Vitamin B3: 2.44mg (12.2%), Vitamin B2: 0.17mg (10.17%), Selenium: 6.76µg (9.66%), Calcium: 67.43mg (6.74%), Vitamin E: 1mg (6.7%), Vitamin B5: 0.65mg (6.54%), Vitamin B12: 0.12µg (2%)