



Spinach Lentil Soup



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



82 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 carrots chopped
- ☐ 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

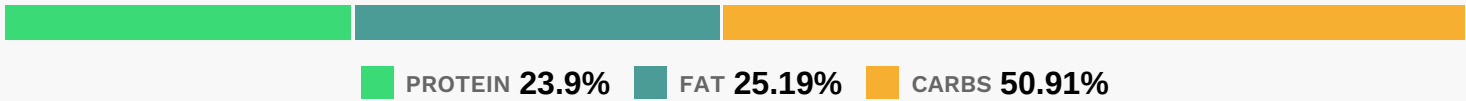
Equipment

☐ 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:20.88, Glycemic Load:4.4, Inflammation Score:-10, Nutrition Score:15.728260633738%

Flavonoids

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

Nutrients (% of daily need)

Calories: 82.07kcal (4.1%), Fat: 2.4g (3.69%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 9.4g (3.42%), Sugar: 1.64g (1.82%), Cholesterol: 7.51mg (2.5%), Sodium: 232.34mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Vitamin K: 173.51µg (165.25%), Vitamin A: 4654.5IU (93.09%), Manganese: 0.43mg (21.63%), Vitamin C: 15.74mg (19.07%), Folate: 74.59µg (18.65%), Iron: 2.58mg (14.33%), Magnesium: 38.31mg (9.58%), Potassium: 332.18mg (9.49%), Vitamin B3: 1.81mg (9.07%), Vitamin B6: 0.17mg (8.56%), Phosphorus: 77.18mg (7.72%), Copper: 0.15mg (7.36%), Vitamin B2: 0.12mg (7.19%), Selenium: 4.77µg (6.81%), Fiber: 1.5g (5.99%), Vitamin E: 0.89mg (5.92%), Calcium: 53.99mg (5.4%), Zinc: 0.7mg (4.65%),

Vitamin B1: 0.05mg (3.65%), Vitamin B12: 0.12µg (2%), Vitamin B5: 0.14mg (1.4%)