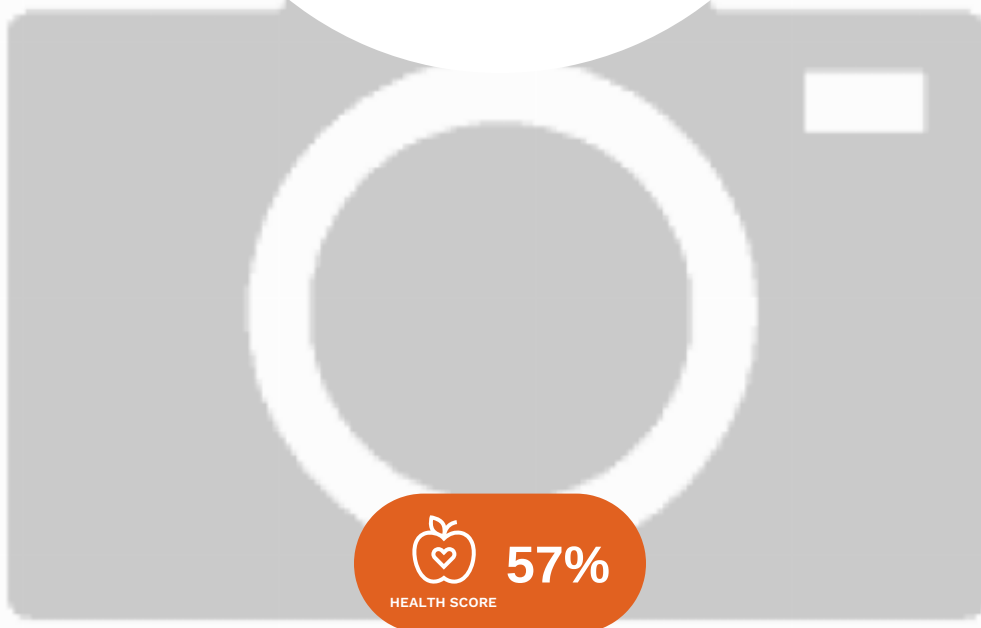




Sweet Lentil Soup with Asparagus Tips



Vegetarian



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup asparagus tips
- ☐ 64 fluid ounce chicken broth
- ☐ 2 tablespoons curry powder
- ☐ 0.3 teaspoon basil dried
- ☐ 1 medium head garlic
- ☐ 8 servings ground pepper black to taste
- ☐ 1 teaspoon kosher salt
- ☐ 2.5 cups lentils dry

- ☐ 3 tablespoons olive oil
- ☐ 1 large onion grated
- ☐ 2 tablespoons orange marmalade
- ☐ 1 cup peas sweet
- ☐ 1 bell pepper red
- ☐ 1 pinch saffron threads
- ☐ 0.3 cup sugar white

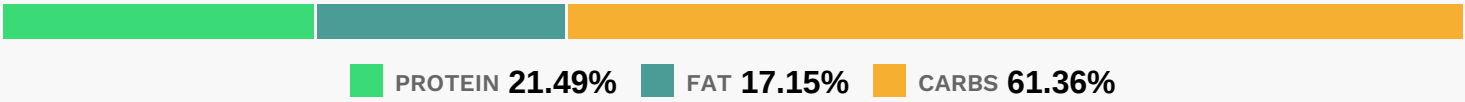
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Cut the top off of the head of garlic and place in a shallow dish in 1 inch of water.
- ☐ Drizzle with 2 tablespoons olive oil, sprinkle with basil, cover and place on a baking sheet. Halve and seed the bell pepper, drizzle with remaining 1 tablespoon olive oil and place on the baking sheet.
- ☐ Bake garlic and pepper in preheated oven until pepper is browned and garlic is soft, 20 to 40 minutes.
- ☐ Remove from oven and, when cool enough to handle, remove skin from pepper and chop. Squeeze out garlic cloves and mash together in a bowl to form a paste.
- ☐ While garlic and pepper are baking, combine lentils and chicken broth in a large pot over medium heat. Bring to a boil, then reduce heat and simmer 40 minutes, until lentils are just tender.
- ☐ Stir garlic paste, bell pepper, carrots, onion, asparagus, peas into lentil mixture, adding more broth to thin if necessary. Season with sugar, marmalade, curry powder, saffron, salt and pepper. Simmer 30 minutes more, until vegetables are tender and flavors are well blended.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:10.46, Inflammation Score:-9, Nutrition Score:26.419130244981%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 348.6kcal (17.43%), Fat: 6.79g (10.44%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 54.65g (18.22%), Net Carbohydrates: 33.69g (12.25%), Sugar: 14.31g (15.9%), Cholesterol: 4.73mg (1.58%), Sodium: 1178.9mg (51.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.29%), Fiber: 20.96g (83.84%), Folate: 321.28µg (80.32%), Manganese: 1.19mg (59.54%), Vitamin B1: 0.67mg (44.9%), Vitamin C: 32.76mg (39.71%), Iron: 6mg (33.35%), Phosphorus: 328.7mg (32.87%), Vitamin B6: 0.5mg (24.9%), Zinc: 3.53mg (23.51%), Magnesium: 92.75mg (23.19%), Potassium: 793.93mg (22.68%), Copper: 0.45mg (22.51%), Vitamin B2: 0.34mg (20.15%), Vitamin K: 20.68µg (19.7%), Vitamin A: 778.55IU (15.57%), Vitamin B5: 1.46mg (14.64%), Vitamin B3: 2.87mg (14.36%), Vitamin E: 1.94mg (12.91%), Selenium: 7.57µg (10.82%), Calcium: 73.82mg (7.38%)