



 9%
HEALTH SCORE

Sweet Potato, Carrot, Apple, and Red Lentil Soup

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



267 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 apples cored peeled chopped
- 0.3 cup butter
- 3 large carrots peeled chopped
- 0.5 teaspoon chili powder
- 0.5 teaspoon ginger fresh minced
- 0.5 teaspoon ground cumin
- 0.5 teaspoon pepper black

- 1 onion chopped
- 0.5 teaspoon paprika
- 6 servings yogurt plain
- 0.5 cup lentils red
- 1 teaspoon salt
- 2 large sweet potatoes and into peeled chopped
- 4 cups vegetable stock

Equipment

- pot
- blender
- kitchen towels

Directions

- Melt the butter in a large, heavy bottomed pot over medium-high heat.
- Place the chopped sweet potatoes, carrots, apple, and onion in the pot. Stir and cook the apples and vegetables until the onions are translucent, about 10 minutes.
- Stir the lentils, ginger, ground black pepper, salt, cumin, chili powder, paprika, and vegetable broth into the pot with the apple and vegetable mixture. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lentils and vegetables are soft, about 30 minutes.
- Working in batches, pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.
- Return the pureed soup to the cooking pot. Bring back to a simmer over medium-high heat, about 10 minutes.
- Add water as needed to thin the soup to your preferred consistency.
- Serve with yogurt for garnish.

Nutrition Facts

PROTEIN 9.46% FAT 26.84% CARBS 63.7%

Properties

Glycemic Index:61.57, Glycemic Load:15.92, Inflammation Score:-10, Nutrition Score:16.658260857686%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 266.66kcal (13.33%), Fat: 8.16g (12.56%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 33.4g (12.15%), Sugar: 12.1g (13.45%), Cholesterol: 20.47mg (6.82%), Sodium: 1167.82mg (50.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.95%), Vitamin A: 22820.95IU (456.42%), Fiber: 10.2g (40.81%), Manganese: 0.61mg (30.57%), Folate: 96.1µg (24.02%), Vitamin B6: 0.41mg (20.56%), Potassium: 716.44mg (20.47%), Vitamin B1: 0.26mg (17.31%), Phosphorus: 147.57mg (14.76%), Copper: 0.29mg (14.39%), Magnesium: 56.13mg (14.03%), Vitamin B5: 1.39mg (13.9%), Iron: 2.2mg (12.24%), Vitamin C: 8.28mg (10.04%), Vitamin K: 9.54µg (9.08%), Vitamin B2: 0.14mg (8.45%), Zinc: 1.23mg (8.18%), Vitamin B3: 1.48mg (7.38%), Calcium: 67.29mg (6.73%), Vitamin E: 1mg (6.69%), Selenium: 2.23µg (3.19%)