



Syrian-Style Lentil and Spinach Soup



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



52 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup pkt spinach fresh chopped
- ☐ 1.8 cups water

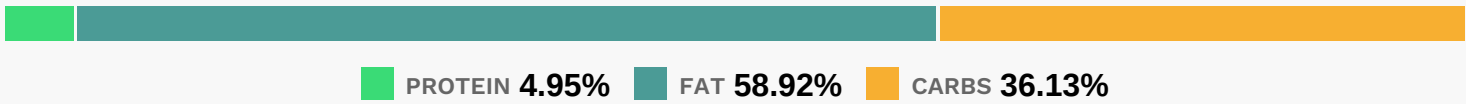
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat oil in a pot over medium heat. Stir in onion and cook until soft about 7 minutes, stirring occasionally.
- ☐ Add the lentils and water and bring to a boil, then reduce heat to low and simmer, uncovered, until lentils are tender, 20 to 25 minutes. Cooking times will vary depending on the freshness of the lentils.
- ☐ Ladle a half cup of the soup liquid into a bowl and whisk in the flour to form a paste.
- ☐ Mix the paste into the soup.
- ☐ Add the spinach, lemon juice, and salt. If you prefer a thinner soup, add a bit more water. Cook until spinach is wilted, about 5 minutes. Adjust salt and lemon to suit your taste.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.63, Inflammation Score:-5, Nutrition Score:3.5478261190912%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 52.39kcal (2.62%), Fat: 3.59g (5.53%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.3g (1.56%), Sugar: 1.48g (1.64%), Cholesterol: 0mg (0%), Sodium: 301.13mg (13.09%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin K: 26.37µg (25.12%), Vitamin C: 7.79mg (9.45%), Vitamin A: 470.08IU (9.4%), Folate: 20.61µg (5.15%), Manganese: 0.1mg (4.76%), Vitamin E: 0.63mg (4.19%), Fiber: 0.66g (2.65%), Vitamin B6: 0.05mg (2.44%), Potassium: 81.74mg (2.34%), Vitamin B1: 0.03mg (2.26%), Magnesium: 8.83mg (2.21%), Copper: 0.04mg (1.93%), Iron: 0.31mg (1.73%), Vitamin B2: 0.03mg (1.64%), Calcium: 15.55mg (1.56%), Phosphorus: 13.35mg (1.34%), Selenium: 0.84µg (1.19%)