



 **100%**
HEALTH SCORE

Tomato and lentil soup

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbs olive oil
- 1 onion chopped
- 2 cloves garlic minced
- 3 carrots cut into cubes
- 480 g tomatoes canned chopped
- 1 bay leaves
- 1.3 l water
- 250 g lentils

- 0.3 tsp salt
- 1 bunch parsley chopped

Equipment

Directions

- Saut onion and garlic in olive oil for 5 minutes.
- Add the carrot, saut for another 2 minutes.
- Add tomatoes, bay leaf and water, stir and bring to the boil.
- Stir in lentils, season with salt and cook for 5 minutes.
- Before serving sprinkle with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:40.11, Glycemic Load:6.85, Inflammation Score:-10, Nutrition Score:35.465217391304%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 2.2mg, Myricetin: 2.2mg, Myricetin: 2.2mg, Myricetin: 2.2mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg, Galliccatechin: 0.09mg

Taste

Sweetness: 64.26%, Saltiness: 100%, Sourness: 61.04%, Bitterness: 86.23%, Savoriness: 32.42%, Fattiness: 37.95%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 340.11kcal (17.01%), Fat: 8.08g (12.43%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 50.72g (16.91%), Net Carbohydrates: 28.2g (10.25%), Sugar: 7.6g (8.44%), Cholesterol: 0mg (0%), Sodium: 377.99mg (16.43%), Protein: 18.31g (36.62%), Vitamin K: 250.69µg (238.76%), Vitamin A: 9010.42IU (180.21%), Fiber: 22.52g (90.08%), Folate: 344.64µg (86.16%), Manganese: 1.07mg (53.74%), Vitamin C: 38.08mg (46.15%), Vitamin B1: 0.66mg (43.85%), Iron:

7.03mg (39.06%), Phosphorus: 339.25mg (33.93%), Potassium: 1094.22mg (31.26%), Vitamin B6: 0.6mg (29.93%), Magnesium: 108.47mg (27.12%), Copper: 0.52mg (25.82%), Zinc: 3.52mg (23.44%), Vitamin B5: 1.7mg (17.04%), Vitamin E: 2.55mg (16.97%), Vitamin B3: 3.16mg (15.81%), Vitamin B2: 0.25mg (14.56%), Calcium: 126.12mg (12.61%), Selenium: 5.72µg (8.17%)