

Tomato-Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon vegetable oil



1 cup onion finely chopped



1 medium stalk celery cut into 1/2-inch pieces



2 cloves garlic finely chopped



2 medium carrots cut into 1/2-inch pieces (1 cup)



8 oz lentils dried rinsed



4 cups water



4 teaspoons vegetable stock

- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon pepper
- ☐ 1 bay leaves dried
- ☐ 28 oz canned tomatoes diced organic undrained canned

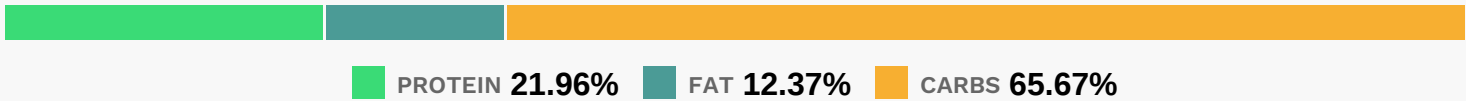
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat oil over medium-high heat.
- ☐ Add onion, celery and garlic; cook about 5 minutes, stirring occasionally, until softened.
- ☐ Stir in remaining ingredients except tomatoes.
- ☐ Heat to boiling. Reduce heat; cover and simmer 15 to 20 minutes or until lentils and vegetables are tender.
- ☐ Stir in tomatoes. Reduce heat; simmer uncovered about 15 minutes or until thoroughly heated.
- ☐ Remove bay leaf.

Nutrition Facts



Properties

Glycemic Index:53.41, Glycemic Load:6.82, Inflammation Score:-10, Nutrition Score:22.903043373771%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 218kcal (10.9%), Fat: 3.14g (4.83%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 22.25g (8.09%), Sugar: 8.81g (9.79%), Cholesterol: 0mg (0%), Sodium: 218.77mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.08%), Vitamin A: 3751.05IU (75.02%), Fiber: 15.26g (61.06%), Folate: 209.81µg (52.45%), Manganese: 0.85mg (42.48%), Vitamin B1: 0.46mg (30.57%), Iron: 4.79mg (26.62%), Potassium: 877.19mg (25.06%), Copper: 0.49mg (24.57%), Vitamin B6: 0.48mg (24.08%), Phosphorus: 231.29mg (23.13%), Vitamin C: 18.07mg (21.9%), Magnesium: 80.94mg (20.23%), Vitamin K: 17.97µg (17.11%), Zinc: 2.3mg (15.35%), Vitamin E: 2.18mg (14.56%), Vitamin B3: 2.87mg (14.34%), Vitamin B5: 1.29mg (12.9%), Vitamin B2: 0.17mg (10.25%), Calcium: 90.06mg (9.01%), Selenium: 4.26µg (6.08%)