



HEALTH SCORE

100%

True Moroccan Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups carrots sliced
- 1 cup chickpeas
- 1 tablespoon olive oil extra virgin
- 3 garlic clove minced
- 0.5 teaspoon ground cumin
- 1 teaspoon ground ginger
- 2 cups onion chopped
- 2 teaspoons pepper fresh black

- 2 teaspoons paprika sweet
- 4 tomatoes diced peeled
- 8 cups water
- 1 cup beans white
- 1 cup brown lentils

Equipment

Nutrition Facts

PROTEIN 21.71% **FAT 12.43%** **CARBS 65.86%**

Properties

Glycemic Index:40.7, Glycemic Load:6.92, Inflammation Score:-10, Nutrition Score:26.139130434783%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg 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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 276.63kcal (13.83%), Fat: 3.95g (6.07%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 47.04g (15.68%), Net Carbohydrates: 30.04g (10.92%), Sugar: 8.1g (9%), Cholesterol: 0mg (0%), Sodium: 50.97mg (2.22%), Protein: 15.5g (31.01%), Vitamin A: 6384.26IU (127.69%), Fiber: 17g (68%), Manganese: 1.34mg (67.11%), Folate: 253.52µg (63.38%), Iron: 5.16mg (28.65%), Vitamin B1: 0.43mg (28.63%), Phosphorus: 277.13mg (27.71%), Potassium: 964.59mg (27.56%), Copper: 0.5mg (25.16%), Magnesium: 96.33mg (24.08%), Vitamin C: 19.32mg (23.42%), Vitamin B6: 0.45mg (22.5%), Zinc: 2.77mg (18.48%), Vitamin K: 17.72µg (16.88%), Vitamin E: 1.74mg (11.61%), Vitamin B5: 1.09mg (10.94%), Calcium: 107.8mg (10.78%), Vitamin B3: 2.01mg (10.04%), Vitamin B2: 0.16mg (9.36%), Selenium: 4.84µg (6.91%)