



HEALTH SCORE

61%

Turkish Lentil-and-Vegetable Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



0.5 teaspoon pepper black



4 peppercorns black



2 cups carrots thinly sliced



2 cups celery thinly sliced



0.1 teaspoon pepper red crushed



2 cups lentils dried



1 cup cooking wine dry red

- ☐ 8 teaspoons mint leaves fresh chopped
- ☐ 1.5 pounds lamb shank
- ☐ 1 cup leek chopped
- ☐ 3 cups onion chopped
- ☐ 4 parsley sprigs fresh
- ☐ 8 teaspoons red wine vinegar
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon teaspoon thyme dried fresh
- ☐ 4 thyme sprigs fresh
- ☐ 8 cups water

Equipment

- ☐ bowl
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Place first 4 ingredients on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Trim fat from lamb shank.
- ☐ Place cheesecloth bag, lamb, and next 11 ingredients (lamb through crushed red pepper) in a large Dutch oven. Bring to a boil; reduce heat, and simmer, uncovered, 2 hours or until lamb is tender. Discard cheesecloth bag.
- ☐ Remove lamb shank from soup.
- ☐ Remove lamb from bone, and discard bone.
- ☐ Cut meat into bite-size pieces, and stir meat into soup. Spoon into shallow bowls, and sprinkle each serving with 1 teaspoon mint and 1 teaspoon vinegar.

Nutrition Facts



Properties

Glycemic Index:43.55, Glycemic Load:6.39, Inflammation Score:-10, Nutrition Score:31.65565224575%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg, Apigenin: 1.84mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 12.53mg, Quercetin: 12.53mg, Quercetin: 12.53mg, Quercetin: 12.53mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 484.77kcal (24.24%), Fat: 20.67g (31.8%), Saturated Fat: 8.8g (55.02%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 23.72g (8.62%), Sugar: 5.82g (6.46%), Cholesterol: 62.09mg (20.7%), Sodium: 331.19mg (14.4%), Alcohol: 3.15g (100%), Alcohol %: 0.75% (100%), Protein: 27.91g (55.82%), Vitamin A: 5787.36IU (115.75%), Folate: 280.47µg (70.12%), Fiber: 17.44g (69.74%), Manganese: 0.91mg (45.48%), Phosphorus: 391.16mg (39.12%), Vitamin B1: 0.57mg (38.32%), Zinc: 5.48mg (36.54%), Vitamin B3: 6.87mg (34.34%), Vitamin B12: 1.96µg (32.74%), Iron: 5.77mg (32.07%), Vitamin K: 31.07µg (29.59%), Selenium: 20.53µg (29.33%), Vitamin B6: 0.54mg (26.86%), Potassium: 939.59mg (26.85%), Magnesium: 97.61mg (24.4%), Copper: 0.44mg (22.25%), Vitamin B2: 0.34mg (20.02%), Vitamin B5: 1.83mg (18.3%), Vitamin C: 13.49mg (16.35%), Calcium: 96.53mg (9.65%), Vitamin E: 0.82mg (5.44%)