



Turkish Red Lentil 'Bride' Soup

 Vegetarian

READY IN



85 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bulgur fine
- ☐ 0.3 cup butter
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 teaspoon mint leaves fresh chopped
- ☐ 4 slices optional: lemon
- ☐ 1 tablespoon mint leaves dried
- ☐ 2 onions finely chopped
- ☐ 1 teaspoon paprika

- ☐ 1 cup lentils red
- ☐ 2 tablespoons tomato paste
- ☐ 8 cups vegetable stock

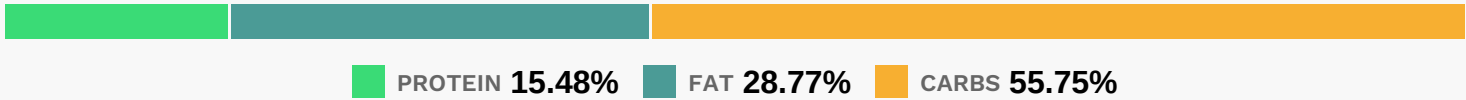
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Melt the butter in a large saucepan over low heat. Cook the onions in the hot butter until they are golden brown, about 15 minutes.
- ☐ Stir the paprika, lentils, and bulgur into the onions and coat with the butter.
- ☐ Add the tomato paste, vegetable stock, and cayenne pepper; bring to a boil and cook until soft and creamy, about 1 hour.
- ☐ Crumble the dried mint leaves into the soup; stir the soup and remove from heat.
- ☐ Ladle into bowls and garnish with lemon slices and fresh mint to serve.

Nutrition Facts



Properties

Glycemic Index:77.78, Glycemic Load:12.53, Inflammation Score:-9, Nutrition Score:21.334782492855%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg Hesperetin: 2.08mg, Hesperetin: 2.08mg, Hesperetin: 2.08mg, Hesperetin: 2.08mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 377.01kcal (18.85%), Fat: 12.42g (19.1%), Saturated Fat: 7.45g (46.58%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 35.45g (12.89%), Sugar: 8.53g (9.48%), Cholesterol: 30.5mg (10.17%), Sodium: 2043.19mg (88.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.03g (30.07%), Fiber: 18.68g (74.72%), Manganese: 1.25mg (62.66%), Folate: 234.63µg (58.66%), Vitamin A: 1825.32IU (36.51%), Vitamin B1: 0.47mg (31.33%), Phosphorus: 285.24mg (28.52%), Iron: 4.4mg (24.43%), Magnesium: 95.3mg (23.82%), Vitamin B6: 0.41mg (20.3%), Potassium: 695.83mg (19.88%), Zinc: 2.69mg (17.91%), Copper: 0.35mg (17.67%), Vitamin C: 11.97mg (14.5%), Vitamin B5: 1.27mg (12.71%), Vitamin B3: 2.47mg (12.34%), Vitamin B2: 0.16mg (9.32%), Vitamin E: 1.09mg (7.27%), Selenium: 5.04µg (7.2%), Calcium: 56.39mg (5.64%), Vitamin K: 5.16µg (4.91%)