



Turkish Red Lentil Soup with Mint

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



226 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup bulgur fine
- 5 cups chicken stock see
- 1 tablespoon mint leaves dried
- 1 clove garlic minced
- 6 servings salt and ground pepper black to taste
- 2 tablespoons olive oil
- 0.5 onion diced
- 1 teaspoon paprika

- 0.5 cup lentils red
- 0.3 cup rice
- 2 tablespoons tomato paste
- 0.3 cup tomatoes diced drained

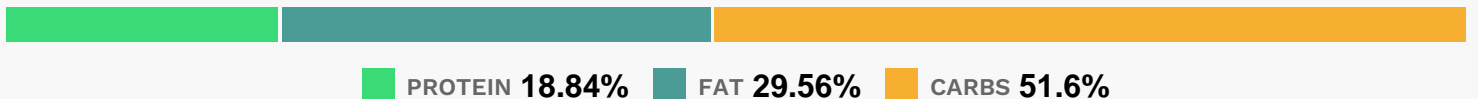
Equipment

- pot
- blender

Directions

- Heat the olive oil in a large pot over high heat. Cook and stir the onion in the hot oil until it begins to soften, about 2 minutes. Stir the garlic into the onion and cook another 2 minutes.
- Add the diced tomatoes to the onion mixture; continue to cook and stir another 10 minutes.
- Pour in the chicken stock, red lentils, bulgur, rice, tomato paste, paprika, cayenne pepper, and mint to the tomato mixture; season with salt and black pepper. Bring the soup to a boil, reduce heat to medium-low, and cook at a simmer until the the lentils and rice are cooked through, about 30 minutes.
- Pour the soup into a blender to no more than half full. Firmly hold the lid in place and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth; pour into your serving dish. Alternately, you can use a stick blender and puree the soup in cooking pot.

Nutrition Facts



Properties

Glycemic Index:53.3, Glycemic Load:7.06, Inflammation Score:-5, Nutrition Score:11.236087052718%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg Gallocatechin: 0.02mg, Gallocatechin:
0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 226.14kcal (11.31%), Fat: 7.47g (11.49%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 29.32g (9.77%), Net
Carbohydrates: 22.89g (8.32%), Sugar: 4.74g (5.27%), Cholesterol: 6mg (2%), Sodium: 332.43mg (14.45%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.41%), Manganese: 0.55mg (27.66%), Fiber: 6.42g (25.69%),
Folate: 88.96µg (22.24%), Vitamin B3: 4.24mg (21.2%), Phosphorus: 159.3mg (15.93%), Vitamin B1: 0.23mg (15.5%),
Vitamin B6: 0.28mg (14.18%), Potassium: 484.32mg (13.84%), Vitamin B2: 0.23mg (13.68%), Copper: 0.26mg
(12.92%), Iron: 2.3mg (12.77%), Magnesium: 44.13mg (11.03%), Selenium: 7.37µg (10.53%), Zinc: 1.28mg (8.54%),
Vitamin E: 1.18mg (7.87%), Vitamin A: 338.59IU (6.77%), Vitamin K: 5.65µg (5.38%), Vitamin B5: 0.5mg (5.01%),
Vitamin C: 3.92mg (4.75%), Calcium: 29.38mg (2.94%)