



Turkish Red Lentil Soup with Mint

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



227 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup bulgur fine
- 0.5 teaspoon cayenne pepper
- 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

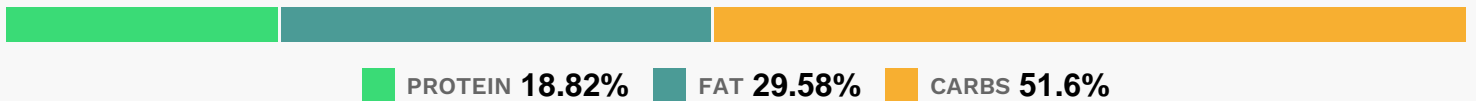
Equipment

- 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:58.63, Glycemic Load:7.07, Inflammation Score:-6, Nutrition Score:11.374347956284%

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, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 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: 226.67kcal (11.33%), Fat: 7.49g (11.53%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 29.41g (9.8%), Net Carbohydrates: 22.94g (8.34%), Sugar: 4.76g (5.29%), Cholesterol: 6mg (2%), Sodium: 332.48mg (14.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.45%), Manganese: 0.56mg (27.83%), Fiber: 6.47g (25.87%), Folate: 89.14µg (22.28%), Vitamin B3: 4.25mg (21.27%), Phosphorus: 159.78mg (15.98%), Vitamin B1: 0.23mg (15.54%), Vitamin B6: 0.29mg (14.38%), Potassium: 487.68mg (13.93%), Vitamin B2: 0.23mg (13.77%), Copper: 0.26mg (12.95%), Iron: 2.31mg (12.85%), Magnesium: 44.38mg (11.1%), Selenium: 7.38µg (10.55%), Zinc: 1.29mg (8.57%), Vitamin E: 1.23mg (8.2%), Vitamin A: 407.94IU (8.16%), Vitamin K: 5.79µg (5.51%), Vitamin B5: 0.5mg (5.01%), Vitamin C: 4.04mg (4.9%), Calcium: 29.62mg (2.96%)