



Vegan Red Lentil Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



55 min.

SERVINGS



4

CALORIES



295 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup butternut squash cubed peeled seeded
- 14 ounce coconut milk canned
- 1 pinch cayenne pepper
- 1 teaspoon curry powder
- 1 pinch fenugreek seeds
- 0.3 cup cilantro leaves fresh finely chopped
- 1 tablespoon ginger root fresh minced
- 1 clove garlic chopped

- 1 pinch ground nutmeg
- 1 small onion chopped
- 1 tablespoon vegetable oil; peanut oil preferred
- 4 servings salt and pepper to taste
- 2 tablespoons tomato paste
- 2 cups water

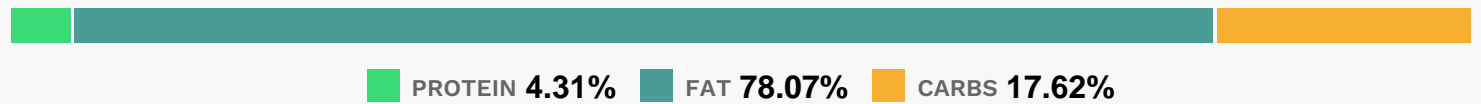
Equipment

- pot

Directions

- Heat the oil in a large pot over medium heat, and cook the onion, ginger, garlic, and fenugreek until onion is tender.
- Mix the lentils, squash, and cilantro into the pot. Stir in the water, coconut milk, and tomato paste. Season with curry powder, cayenne pepper, nutmeg, salt, and pepper. Bring to a boil, reduce heat to low, and simmer 30 minutes, or until lentils and squash are tender.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:13.522608694823%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 295.11kcal (14.76%), Fat: 27.41g (42.17%), Saturated Fat: 21.64g (135.22%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 10.04g (3.65%), Sugar: 5.94g (6.6%), Cholesterol: 0mg (0%), Sodium: 281.33mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Vitamin A: 3948.63IU (78.97%), Manganese: 1.08mg (54.07%), Copper: 0.36mg (18.15%), Vitamin C: 13.95mg (16.91%), Fiber: 3.88g (15.53%), Potassium: 519.1mg (14.83%), Magnesium: 58.44mg (14.61%), Iron: 2.44mg (13.55%), Phosphorus: 127.96mg (12.8%), Vitamin E: 1.71mg

(11.37%), Selenium: 7.08µg (10.11%), Folate: 31.78µg (7.95%), Vitamin B3: 1.5mg (7.5%), Vitamin B6: 0.15mg (7.36%), Vitamin K: 6.16µg (5.86%), Zinc: 0.86mg (5.76%), Vitamin B1: 0.08mg (5.3%), Calcium: 49.11mg (4.91%), Vitamin B5: 0.37mg (3.7%), Vitamin B2: 0.03mg (1.78%)