



Vegan Red Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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 cup lentils dry red
- ☐ 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

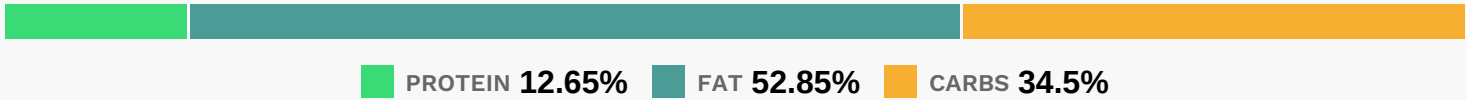
Equipment

- ☐ 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:70.15, Glycemic Load:4.34, Inflammation Score:-10, Nutrition Score:26.718260930932%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg 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 Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 453.96kcal (22.7%), Fat: 27.89g (42.9%), Saturated Fat: 21.71g (135.66%), Carbohydrates: 40.95g (13.65%), Net Carbohydrates: 23.35g (8.49%), Sugar: 6.85g (7.61%), Cholesterol: 0mg (0%), Sodium: 284.03mg (12.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.03%), Manganese: 1.68mg (83.99%), Vitamin A: 3966.18IU (79.32%), Fiber: 17.61g (70.43%), Folate: 247.33µg (61.83%), Phosphorus: 330.91mg (33.09%), Iron: 5.83mg (32.4%), Vitamin B1: 0.47mg (31.49%), Copper: 0.6mg (29.82%), Magnesium: 113.34mg (28.34%), Potassium: 948.85mg (27.11%), Zinc: 3.01mg (20.1%), Vitamin B6: 0.39mg (19.51%), Vitamin C: 15.93mg (19.31%), Selenium: 10.81µg (15.45%), Vitamin B3: 2.67mg (13.36%), Vitamin B5: 1.33mg (13.33%), Vitamin E: 1.93mg (12.84%), Vitamin K: 8.41µg (8.01%), Calcium: 74.31mg (7.43%), Vitamin B2: 0.13mg (7.36%)