



HEALTH SCORE

80%

Winter Lentil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 teaspoon pepper black



0.5 cup brown lentils



28 ounce canned tomatoes whole drained canned



1 tablespoon thyme leaves fresh



1 bunch kale



2 teaspoons kosher salt



4 leeks light white green



1 tablespoon olive oil

- ☐ 2 sweet potatoes peeled cut into a 1/2-inch dice
- ☐ 6 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ microwave

Directions

- ☐ Slice each leek in half lengthwise, then slice each half into 1/4-inch-thick half-moons (about 2 cups).
- ☐ Place in a large bowl of cold water and swish to remove any grit.
- ☐ Drain and pat dry.
- ☐ Remove the stems from the kale. Stack the leaves on top of one another and slice them crosswise into 1/2-inch-wide strips; you'll need 3 cups.
- ☐ Heat the oil in a saucepan over medium heat.
- ☐ Add the leeks and cook for 3 minutes.
- ☐ Add the tomatoes and cook, breaking them up with a spoon, for 5 minutes.
- ☐ Add the water and bring to a boil. Stir in the kale, sweet potatoes, lentils, thyme, salt, pepper, and basil (if using). Simmer until the lentils are tender, about 30 minutes. Spoon into individual bowls.
- ☐ Sprinkle with the Parmesan (if using). Tip: Basic brown lentils retain their shape better during cooking than pricier red and yellow lentils, so they're terrific for soups. You can substitute green lentils, which taste slightly peppery. To Freeze: Omit the Parmesan.
- ☐ Let the soup cool, then ladle into large resealable bags, filling each one halfway. Store for up to 3 months. To Reheat: Thaw overnight in the refrigerator or thaw partially in the microwave. Warm in a covered saucepan over medium heat for 20 minutes. Ladle into individual bowls and sprinkle with the Parmesan (if using).

Nutrition Facts



 **PROTEIN 14.89%**  **FAT 12.68%**  **CARBS 72.43%**

Properties

Glycemic Index:43.6, Glycemic Load:13.8, Inflammation Score:-10, Nutrition Score:29.244347800379%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 11.73mg, Kaempferol: 11.73mg, Kaempferol: 11.73mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 229.39kcal (11.47%), Fat: 3.43g (5.28%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 32.34g (11.76%), Sugar: 11.78g (13.09%), Cholesterol: 0mg (0%), Sodium: 1027.53mg (44.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.15%), Vitamin A: 14187.69IU (283.75%), Vitamin K: 123.1µg (117.23%), Manganese: 1.11mg (55.51%), Vitamin C: 43.91mg (53.22%), Fiber: 11.79g (47.18%), Folate: 154.07µg (38.52%), Vitamin B6: 0.62mg (30.83%), Iron: 5.21mg (28.94%), Copper: 0.57mg (28.38%), Potassium: 984.9mg (28.14%), Vitamin B1: 0.36mg (23.89%), Magnesium: 92.97mg (23.24%), Vitamin E: 2.95mg (19.69%), Phosphorus: 183.95mg (18.4%), Calcium: 179.28mg (17.93%), Vitamin B3: 2.97mg (14.84%), Vitamin B2: 0.25mg (14.54%), Vitamin B5: 1.42mg (14.22%), Zinc: 1.55mg (10.34%), Selenium: 3.37µg (4.81%)