



Winter Lentil Vegetable Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



116 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cabbage shredded
- ☐ 28 ounce canned tomatoes whole peeled chopped canned
- ☐ 3 carrots chopped
- ☐ 1 stalk celery chopped
- ☐ 2 cups chicken broth
- ☐ 0.3 teaspoon curry powder
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 cup green lentils

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 clove garlic crushed
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon sugar white

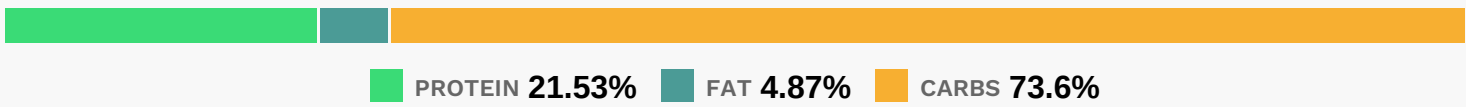
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Place the lentils into a stockpot or a Dutch oven and add water to twice the depth of the lentils. Bring to a boil, then lower heat and let simmer for about 15 minutes.
- ☐ Drain and rinse lentils; return them to the pot.
- ☐ Add onion, celery, cabbage, tomatoes, chicken broth, carrots and garlic to the pot and season with salt, pepper, sugar, basil, thyme and curry. Cook, simmering for 1 1/2 to 2 hours or until desired tenderness is achieved.

Nutrition Facts



Properties

Glycemic Index:51.92, Glycemic Load:3.24, Inflammation Score:-10, Nutrition Score:17.858260838882%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 116.11kcal (5.81%), Fat: 0.67g (1.03%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 14.45g (5.25%), Sugar: 7.4g (8.22%), Cholesterol: 1.57mg (0.52%), Sodium: 900.26mg (39.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Vitamin A: 5316.82IU (106.34%), Fiber: 8.34g (33.37%), Vitamin C: 25.74mg (31.19%), Vitamin K: 31.68µg (30.17%), Folate: 111.18µg (27.79%), Manganese: 0.52mg (26.09%), Vitamin B1: 0.27mg (17.71%), Potassium: 617.61mg (17.65%), Vitamin B6: 0.35mg (17.52%), Iron: 3.05mg (16.92%), Phosphorus: 128.22mg (12.82%), Magnesium: 46.12mg (11.53%), Vitamin B2: 0.19mg (11.37%), Copper: 0.22mg (11.21%), Vitamin B3: 1.95mg (9.77%), Vitamin E: 1.3mg (8.7%), Calcium: 87.03mg (8.7%), Zinc: 1.2mg (7.98%), Vitamin B5: 0.69mg (6.94%), Selenium: 2.14µg (3.05%)