

Walnut Acres' Lemony Lentil Soup

Brand Name Light & Natural Cookbook (1996)

Servings: 4

3 cups water
1 cup dried lentils
1 large onion, finely chopped
3 1/2 cups vegetarian broth
3 tablespoons organic extra-virgin olive oil
2 teaspoons garlic, minced
freshly grated peel of one organic lemon
1/2 cup fresh lemon juice

In a three-quart pot, bring the water, lentils, onion, broth, oil and garlic to a boil.

Reduce the heat, partially cover and simmer for 30 minutes or until the lentils are tender.

Stir in the lemon peel and juice.

Serve promptly or refrigerate up to three days.

Per Serving (excluding unknown items): 182 Calories; 1g Fat (2.4% calories from fat); 14g Protein; 33g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	182
% Calories from Fat:	2.4%
% Calories from Carbohydrates:	68.5%
% Calories from Protein:	29.1%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	33g
Dietary Fiber (g):	15g
Protein (g):	14g
Sodium (mg):	12mg
Potassium (mg):	521mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	217mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	2
Lean Meat:	1
Vegetable:	1/2
Fruit:	0

Calcium (mg): 38mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 19mg
Vitamin A (i.u.): 25IU
Vitamin A (r.e.): 2 1/2RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 182 Calories from Fat: 4

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	12mg	0%
Total Carbohydrates	33g	11%
Dietary Fiber	15g	61%
Protein	14g	
Vitamin A		0%
Vitamin C		32%
Calcium		4%
Iron		25%

* Percent Daily Values are based on a 2000 calorie diet.