

Recipe Analyzer Results

A single serving of this recipe has 162 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 6

Amount per serving

Calories 162

% Daily Value*

Total Fat 2.2g 3%

Saturated Fat 0.4g 2%

Cholesterol 0mg 0%

Sodium 283mg 12%

Total Carbohydrate 26.3g 10%

Dietary Fiber 12.3g 44%

Total Sugars 3.6g

Protein 10g

Vitamin D 84mcg 420%

Calcium 61mg 5%

Iron 4mg 24%

Ingredients:

- 10 ml (2 tsp) extra virgin olive oil
- 1 pkg (227 g/8 oz) mushrooms, chopped
- 1 onion, chopped
- 1 carrot, chopped
- 60 ml (1/4 cup) chopped fresh parsley
- 15 ml (1 tbsp) dried oregano leaves
- 10 ml (2 tsp) dried thyme leaves
- 1 ml (1/4 tsp) hot pepper flakes
- 250 ml (1 cup) red lentils, rinsed
- 750 ml (3 cups) sodium reduced vegetable broth
- 500 ml (2 cups) water
- 2 ml (1/2 tsp) grated lemon rind
- 30 ml (2 tbsp) fresh lemon juice

Potassium 494mg

11%

Nutrition Facts

Servings: 6

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**