

Recipe Analyzer Results

A single serving of this recipe has 338 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: 8

Amount per serving

Calories 338

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0.5g 2%

Cholesterol 0mg 0%

Sodium 460mg 20%

Total Carbohydrate 57.7g 21%

Dietary Fiber 26.4g 94%

Total Sugars 9.2g

Protein 21.8g

Vitamin D 0mcg 0%

Calcium 126mg 10%

Iron 7mg 41%

Ingredients:

- 15 ml (1 tbsp) vegetable oil
- 1 onion, chopped
- 125 ml (1/2 cup) small diced celery
- 125 ml (1/2 cup) shredded carrot
- 3 cloves garlic, minced
- 15 ml (1 tbsp) tomato paste
- 750 ml (3 cups) lower sodium vegetable broth
- 1 can (796 mL/28 oz) crushed tomatoes
- 5 ml (1 tsp) dried basil
- 5 ml (1 tsp) dried oregano
- 375 ml (1 1/2 cups) kale or spinach, chopped
- 1 can (540 mL/19 oz) lentils, drained and rinsed
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) black pepper

Potassium 825mg

18%

Nutrition Facts

Servings: 8

**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**