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Greek Lentil Soup ^{♦♦}

Greek Lentil Soup, also known as Fakes, is a traditional Greek dish made with lentils, vegetables, and herbs. It is a hearty and nutritious soup that is often enjoyed during the winter months. Fakes is typically served with crusty bread and a drizzle of olive oil.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Lentils
100 g	onion
100 g	carrot
100 g	celery
2 cloves	garlic

2 tbsp	olive oil
2 tbsp	tomato paste
1000 ml	vegetable stock
1 piece	Bay leaf
1 tsp	Dried Oregano
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Rinse the lentils under cold water and set aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

In a large pot, heat the olive oil over medium heat. Add the onion, carrot, celery, and garlic. Cook until the vegetables are softened, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stirring

Add the tomato paste, bay leaf, dried oregano, salt, and black pepper to the pot. Stir to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Simmering

Add the lentils and vegetable stock to the pot. Bring to a boil, then reduce heat and simmer for 30-40 minutes, or until the lentils are tender.

Prep Time: 0 mins

Cook Time: 40 mins

Step 5

Blending

Remove the bay leaf from the pot. Use an immersion blender to blend the soup until smooth, or leave it chunky if desired.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Serving

Serve the soup hot with a drizzle of olive oil and crusty bread on the side.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	100 mg	10%	10%
Iron	5 mg	62.5%	27.78%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Thanksgiving Anniversary Baby Shower Back to School Picnic

Cuisines

Italian Mediterranean Greek German American Middle Eastern

Nutritional Content

Low Calorie High Protein Low Sodium Sugar-Free High Calcium

Course

Soups

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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