



## Apple Bacon Tomato Soup

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 medium apples thinly sliced
- 5 slices bacon
- 1 bay leaf
- 2 cups beef stock
- 15.5 ounce pinto beans canned
- 14.5 ounce canned tomatoes italian-style canned
- 2 stalks celery chopped
- 2 teaspoons garlic minced

- 1 tablespoon olive oil
- 0.5 cup red wine
- 8 servings salt and pepper to taste
- 0.5 onion white chopped

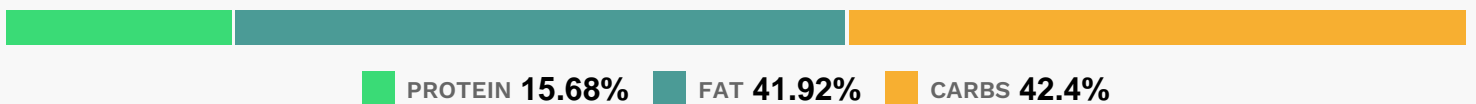
## Equipment

- frying pan
- sauce pan

## Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, coarsely chop, and set aside.
- Heat olive oil in a large saucepan over medium heat, and saute white onion and garlic 3 to 5 minutes, or until tender. Stir in beef stock, pinto beans, tomatoes, celery, and bay leaf. Bring the mixture to a boil. Reduce heat, and simmer.
- In a small saucepan over medium heat, cook and stir the apple in the red wine until soft.
- Mix bacon, apple, and remaining red wine into the soup mixture. Season with salt and pepper. Continue to simmer, stirring occasionally until well blended.

## Nutrition Facts



## Properties

Glycemic Index:27.38, Glycemic Load:4.81, Inflammation Score:-4, Nutrition Score:8.1578260297361%

## Flavonoids

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## **Nutrients (% of daily need)**

Calories: 171.98kcal (8.6%), Fat: 7.78g (11.97%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 13.36g (4.86%), Sugar: 6.04g (6.71%), Cholesterol: 9.07mg (3.03%), Sodium: 627.91mg (27.3%), Alcohol: 1.59g (100%), Alcohol %: 0.85% (100%), Protein: 6.55g (13.1%), Fiber: 4.34g (17.38%), Manganese: 0.33mg (16.56%), Potassium: 522.94mg (14.94%), Copper: 0.24mg (11.76%), Phosphorus: 116.88mg (11.69%), Vitamin B6: 0.23mg (11.52%), Iron: 1.85mg (10.3%), Magnesium: 39.19mg (9.8%), Vitamin B3: 1.95mg (9.76%), Vitamin B1: 0.14mg (9.08%), Vitamin E: 1.34mg (8.95%), Vitamin C: 7.22mg (8.75%), Vitamin K: 8.52µg (8.12%), Vitamin B2: 0.12mg (7.07%), Folate: 26.85µg (6.71%), Calcium: 58.52mg (5.85%), Selenium: 4µg (5.72%), Zinc: 0.77mg (5.17%), Vitamin B5: 0.35mg (3.5%), Vitamin A: 174.03IU (3.48%), Vitamin B12: 0.07µg (1.15%)