



Barley and Bean Soup with Franks

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



40 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 oscar mayer selects uncured angus bun-length beef franks cut into 1/4-inch-thick slices
- 15 oz cannellini beans rinsed canned
- 14 oz canned tomatoes italian-style undrained canned
- 2 carrots peeled thinly sliced
- 0.5 cup quick-cooking barley uncooked
- 4 cups water
- 2 tsp lea & perrins worcestershire sauce

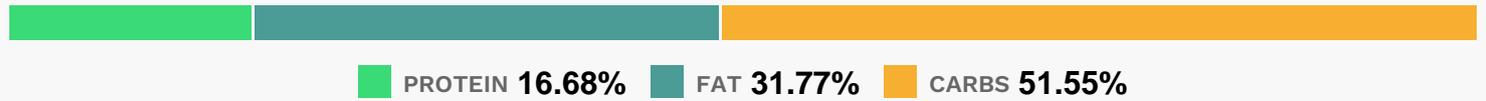
Equipment

- frying pan
- dutch oven

Directions

- Combine ingredients in Dutch oven or large deep skillet.
- Bring to boil on medium heat 10 min., stirring occasionally. Cover.
- Simmer on medium-low heat 15 min. or until vegetables are crisp-tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:2.12, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:2.4230434557666%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 40.29kcal (2.01%), Fat: 1.47g (2.26%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.17g (1.52%), Sugar: 0.7g (0.78%), Cholesterol: 2.52mg (0.84%), Sodium: 67.06mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Vitamin A: 531.65IU (10.63%), Manganese: 0.1mg (4.99%), Fiber: 1.18g (4.74%), Phosphorus: 30.71mg (3.07%), Copper: 0.06mg (2.89%), Folate: 11.35µg (2.84%), Selenium: 1.96µg (2.8%), Magnesium: 10.61mg (2.65%), Potassium: 91.4mg (2.61%), Iron: 0.44mg (2.47%), Vitamin B3: 0.42mg (2.1%), Vitamin B1: 0.03mg (2.08%), Vitamin B6: 0.04mg (2.01%), Zinc: 0.26mg (1.72%), Vitamin C: 1.27mg (1.54%), Vitamin B2: 0.02mg (1.24%), Calcium: 12.22mg (1.22%), Vitamin B12: 0.07µg (1.22%)