

Basic Bean Soup

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

READY IN



45 min.

SERVINGS



10

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 baby carrots
- 1 pound cannellini beans dry
- 0.5 pound ham chopped
- 0.3 cup catsup
- 1 cup onion chopped
- 10 servings salt and pepper to taste
- 8 cups water

Equipment

bowl

pot

Directions

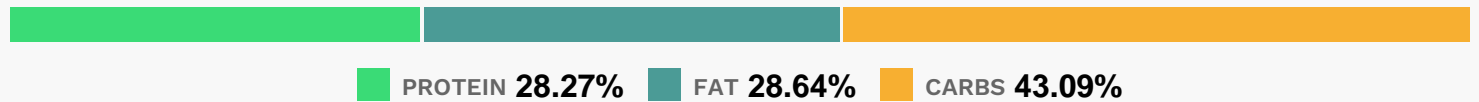
In a large bowl, combine the beans with the water, cover and let soak overnight.

In a large pot over medium high heat, combine the soaked beans with water, carrots, onion and ham.

Add more water to cover all, if necessary. Bring to a boil, then reduce heat to low and let simmer for 4 to 6 hours.

Add ketchup just to get desired color. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.33, Inflammation Score:-8, Nutrition Score:8.4186955794044%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 125.3kcal (6.26%), Fat: 4.05g (6.22%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 9.88g (3.59%), Sugar: 2.53g (2.81%), Cholesterol: 14.06mg (4.69%), Sodium: 537.79mg (23.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.97%), Vitamin A: 1686.35IU (33.73%), Fiber: 3.81g (15.25%), Vitamin B1: 0.22mg (14.64%), Manganese: 0.28mg (14.17%), Folate: 53.77µg (13.44%), Phosphorus: 132.94mg (13.29%), Selenium: 7.24µg (10.34%), Copper: 0.18mg (9.23%), Vitamin B6: 0.18mg (9.03%), Potassium: 310.92mg (8.88%), Magnesium: 32.47mg (8.12%), Vitamin B3: 1.49mg (7.46%), Iron: 1.33mg (7.37%), Zinc: 1mg (6.68%), Vitamin B2: 0.1mg (5.62%), Calcium: 46.65mg (4.66%), Vitamin B5: 0.29mg (2.95%), Vitamin C: 2.33mg (2.83%), Vitamin B12: 0.15µg (2.42%), Vitamin K: 1.37µg (1.31%), Vitamin E: 0.17mg (1.15%), Vitamin D: 0.16µg (1.06%)