



## Basil Bean Soup with Ham

 **Gluten Free**  **Very Healthy**

READY IN



26 min.

SERVINGS



11

CALORIES



165 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 38 ounce .5 can cannellini beans divided drained canned
- 14.5 ounce canned tomatoes undrained chopped canned
- 0.3 cup basil dried fresh finely chopped
- 1 clove garlic minced
- 0.5 teaspoon ground pepper
- 1.5 cups low-salt ham chopped reduced-fat
- 32 ounce no-salt-added chicken broth divided canned
- 0.3 cup parmesan cheese freshly grated

0.3 teaspoon salt

## Equipment

food processor

bowl

ladle

knife

blender

dutch oven

## Directions

Position knife blade in food processor bowl.

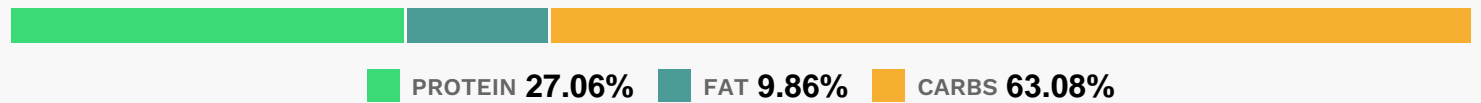
Combine 1 can broth, 1 can beans, and garlic in a food processor or a blender; process until smooth.

Pour mixture into a Dutch oven; add remaining broth, remaining beans, tomato, and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer 8 minutes, stirring occasionally. Uncover and simmer 7 minutes, stirring occasionally.

Ladle soup into individual bowls; sprinkle evenly with cheese.

Garnish with basil sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:11.91, Glycemic Load:5.78, Inflammation Score:-6, Nutrition Score:19.110869607848%

## Nutrients (% of daily need)

Calories: 164.68kcal (8.23%), Fat: 1.94g (2.98%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 27.86g (9.29%), Net Carbohydrates: 20.39g (7.42%), Sugar: 2.17g (2.42%), Cholesterol: 1.98mg (0.66%), Sodium: 185.4mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.9%), Vitamin K: 97.2µg (92.57%), Manganese: 1.12mg (55.9%), Iron: 8.51mg (47.26%), Fiber: 7.47g (29.87%), Magnesium: 97.82mg (24.45%), Copper: 0.47mg (23.5%), Calcium: 230.25mg (23.02%), Potassium: 800.63mg (22.88%), Folate: 85.34µg (21.34%), Phosphorus: 165.18mg

(16.52%), Vitamin E: 1.83mg (12.19%), Vitamin B3: 2.41mg (12.03%), Zinc: 1.8mg (11.98%), Vitamin B6: 0.22mg (10.93%), Vitamin B2: 0.16mg (9.58%), Vitamin B1: 0.13mg (8.51%), Vitamin C: 3.57mg (4.32%), Selenium: 2.79µg (3.99%), Vitamin B5: 0.34mg (3.4%), Vitamin A: 140.53IU (2.81%), Vitamin B12: 0.15µg (2.42%)