



Bean-And-Bacon Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 1 bay leaf
- 2.5 cups carrots chopped
- 1.5 cups celery chopped
- 1 pound navy beans dried
- 1 teaspoon thyme leaves dried
- 29 ounce less-sodium chicken broth fat-free canned
- 1 tablespoon garlic minced

- 3 cups onion chopped
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 3 cups water

Equipment

- bowl
- frying pan
- ladle
- blender
- dutch oven

Directions

- Sort and wash beans; place in a large Dutch oven. Cover with water; bring to a boil, and cook, uncovered, 2 minutes.
- Remove from heat; cover and let stand 1 hour.
- Drain beans, and set aside.
- Cook bacon in Dutch oven over medium- high heat until crisp.
- Remove bacon, reserving 2 teaspoons drippings in pan.
- Add onion, carrot, celery, and garlic to drippings in pan; saut 10 minutes or until tender.
- Add beans. Stir in chicken broth and remaining 5 ingredients. Crumble 6 slices bacon into soup. Bring to a boil; cover, reduce heat, and simmer 1 hour and 30 minutes or until beans are tender, stirring occasionally. Cool 10 minutes. Discard bay leaf.
- Place 6 cups soup in a blender; process at low speed until smooth. Stir pureed soup into remaining soup in pan. Cook over medium heat, stirring occasionally, until heated. Ladle into bowls. Crumble remaining 2 slices bacon, and sprinkle evenly over soup.

Nutrition Facts



PROTEIN 20.28% FAT 26.38% CARBS 53.34%

Properties

Glycemic Index:16.78, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:21.490434717873%

Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.88mg, Quercetin: 9.88mg, Quercetin: 9.88mg, Quercetin: 9.88mg

Nutrients (% of daily need)

Calories: 265.61kcal (13.28%), Fat: 7.97g (12.26%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 36.26g (12.09%), Net Carbohydrates: 23.17g (8.43%), Sugar: 5.65g (6.28%), Cholesterol: 11.62mg (3.87%), Sodium: 727.45mg (31.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.58%), Vitamin A: 5426.18IU (108.52%), Fiber: 13.09g (52.36%), Folate: 186.91µg (46.73%), Manganese: 0.81mg (40.32%), Vitamin B1: 0.45mg (30.29%), Phosphorus: 249.27mg (24.93%), Magnesium: 93.85mg (23.46%), Potassium: 813.68mg (23.25%), Copper: 0.46mg (22.76%), Vitamin B6: 0.38mg (18.81%), Iron: 3.05mg (16.96%), Selenium: 10.79µg (15.41%), Zinc: 2.08mg (13.88%), Vitamin B3: 2.59mg (12.95%), Vitamin K: 11.8µg (11.24%), Calcium: 104.42mg (10.44%), Vitamin B2: 0.15mg (8.68%), Vitamin C: 6.21mg (7.53%), Vitamin B5: 0.72mg (7.23%), Vitamin B12: 0.25µg (4.21%), Vitamin E: 0.36mg (2.37%)