



Bean and Bacon Soup



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 strips bacon
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 31 ounce cannellini beans drained canned
- ☐ 0.8 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 1.3 teaspoons kosher salt

☐ 1 cup onion chopped

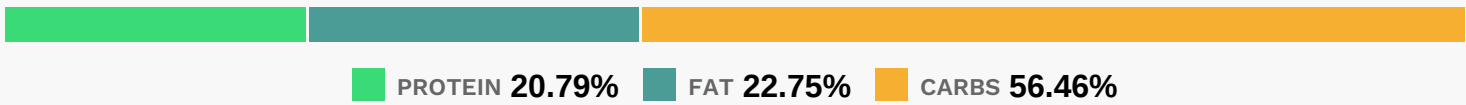
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ potato masher
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ In a large Dutch oven or saucepan, fry the bacon until crisp.
- ☐ Remove and drain on paper towels.
- ☐ Let cool, chop, and set aside. Over medium heat, add the carrot to the pan drippings in the Dutch oven and saut for 5 minutes.
- ☐ Add the celery, onion, and garlic, stirring well and cooking for 3 minutes more.
- ☐ Add the beans and 2 cups water. Bring to a boil, cover, and reduce heat to low.
- ☐ Let simmer for 10 minutes. Uncover and, with a potato masher or large slotted spoon, partially mash the bean mixture until it thickens slightly. Stir in the parsley, salt, pepper, and bacon.
- ☐ Serve hot.Tip: You can substitute lima, cannellini, or borlotti beans for the great Northern beans in this recipe.

Nutrition Facts



Properties

Glycemic Index:33.31, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:16.633478335712%

Flavonoids

Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin:

1.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 251.6kcal (12.58%), Fat: 6.51g (10.02%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 27.88g (10.14%), Sugar: 2.15g (2.39%), Cholesterol: 9.68mg (3.23%), Sodium: 614.12mg (26.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.78%), Vitamin A: 2867.91IU (57.36%), Manganese: 0.73mg (36.6%), Fiber: 8.48g (33.9%), Folate: 134.92µg (33.73%), Vitamin K: 29.32µg (27.93%), Phosphorus: 241.79mg (24.18%), Magnesium: 84.36mg (21.09%), Potassium: 694.78mg (19.85%), Vitamin B1: 0.28mg (18.77%), Iron: 2.63mg (14.64%), Vitamin B6: 0.29mg (14.36%), Copper: 0.27mg (13.73%), Selenium: 9.46µg (13.52%), Calcium: 103.01mg (10.3%), Vitamin C: 7.74mg (9.38%), Zinc: 1.27mg (8.48%), Vitamin B3: 1.54mg (7.7%), Vitamin B2: 0.13mg (7.63%), Vitamin B5: 0.63mg (6.26%), Vitamin E: 0.23mg (1.55%), Vitamin B12: 0.07µg (1.22%)