



Bean and Bacon Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 14.5 ounce canned tomatoes diced with garlic and onions, undrained canned
- ☐ 30 ounce cannellini beans beans white drained canned
- ☐ 1 tablespoon chili powder
- ☐ 1 tablespoon blackstrap molasses dark
- ☐ 1.5 teaspoons mustard dry
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon red wine vinegar

☐ 1.5 cups water

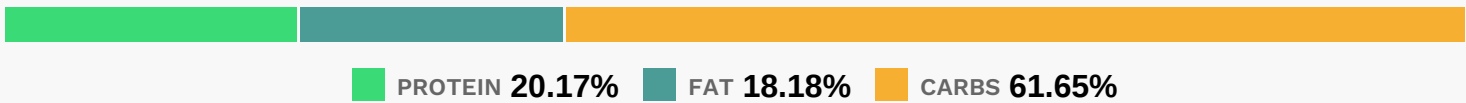
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Cook bacon in a large saucepan over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan.
- ☐ Add onion, chili powder, and mustard to drippings in pan; saut 3 minutes. Stir in bacon, water, and remaining ingredients; bring to a boil. Reduce heat, and simmer 7 minutes. Partially mash beans with a potato masher.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:15.38, Inflammation Score:-8, Nutrition Score:24.859130457692%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 384.74kcal (19.24%), Fat: 8.06g (12.39%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 61.46g (20.49%), Net Carbohydrates: 47.84g (17.4%), Sugar: 10.76g (11.96%), Cholesterol: 10.89mg (3.63%), Sodium: 296.6mg (12.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.11g (40.22%), Manganese: 1.47mg (73.35%), Fiber: 13.63g (54.5%), Iron: 8.51mg (47.29%), Potassium: 1476.48mg (42.19%), Folate: 160.94µg (40.23%), Magnesium: 153.86mg (38.47%), Copper: 0.77mg (38.38%), Phosphorus: 275.79mg (27.58%), Vitamin E: 3.84mg (25.63%), Vitamin B6: 0.48mg (24.19%), Vitamin B1: 0.36mg (23.88%), Calcium: 221.91mg (22.19%), Zinc: 3.08mg (20.52%), Vitamin A: 821.09IU (16.42%), Vitamin C: 12.5mg (15.15%), Selenium: 10.39µg (14.85%), Vitamin K: 13.93µg (13.26%), Vitamin B3: 2.52mg (12.6%), Vitamin B2: 0.18mg (10.42%), Vitamin B5: 0.88mg (8.84%), Vitamin B12: 0.08µg (1.38%)