



Bean and Barley Soup: Minestra di Fagioli

 Dairy Free

READY IN



615 min.

SERVINGS



6

CALORIES



320 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small carrots roughly chopped
- ☐ 1 celery stalk roughly chopped
- ☐ 0.8 cup borlotti beans dried drained and rinsed for 8 hours,
- ☐ 1 bay leaf fresh
- ☐ 2 sage leaves fresh
- ☐ 1 garlic clove
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion roughly chopped

- ☐ 4 sprigs parsley italian
- ☐ 0.5 cup pearl barley
- ☐ 1 medium potatoes roughly chopped
- ☐ 1 rosemary sprig fresh
- ☐ 6 servings salt and pepper
- ☐ 0.3 pound slab bacon finely chopped

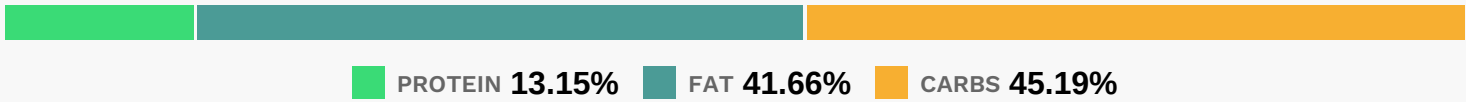
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large stock pot, combine the beans, vegetables, herbs, garlic, and 1 quart water. Bring to a boil, reduce to a simmer, and cook, covered, over very low heat for 1 hour.
- ☐ Meanwhile, rinse the barley and place in a large saute pan with the pancetta, and pepper to taste. Cover with 1 quart of water and bring to a boil.
- ☐ Add the barley to the bean soup and cook for 1 more hour, until the barley is very tender.
- ☐ Taste the soup and adjust the seasoning with salt and freshly ground black pepper, to taste.
- ☐ Drizzle individual portions with olive oil.

Nutrition Facts



Properties

Glycemic Index:41.93, Glycemic Load:5.24, Inflammation Score:-9, Nutrition Score:15.397391148235%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 320.47kcal (16.02%), Fat: 15.09g (23.21%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 26.8g (9.75%), Sugar: 1.6g (1.78%), Cholesterol: 12.47mg (4.16%), Sodium: 331.66mg (14.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.42%), Folate: 163.29µg (40.82%), Fiber: 10.02g (40.07%), Vitamin A: 1469.49IU (29.39%), Manganese: 0.55mg (27.57%), Vitamin B1: 0.31mg (20.68%), Selenium: 13.46µg (19.23%), Phosphorus: 184.64mg (18.46%), Copper: 0.37mg (18.26%), Potassium: 620.45mg (17.73%), Vitamin K: 17.57µg (16.73%), Magnesium: 65.19mg (16.3%), Vitamin B6: 0.32mg (15.76%), Vitamin C: 9.95mg (12.06%), Iron: 2.17mg (12.03%), Vitamin B3: 2.38mg (11.88%), Zinc: 1.63mg (10.89%), Vitamin E: 1.16mg (7.75%), Vitamin B2: 0.11mg (6.43%), Calcium: 51mg (5.1%), Vitamin B5: 0.49mg (4.93%), Vitamin B12: 0.09µg (1.57%)