



## Bean, Bacon and Pepper Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 slices bacon
- 1 bay leaf
- 30 ounce .5 can cannellini beans with liquid canned
- 2 carrots chopped
- 2 stalks celery chopped
- 4 cups chicken broth
- 1 teaspoon thyme leaves dried
- 4 cloves garlic minced

- 1 teaspoon garlic powder
- 0.3 teaspoon ground pepper
- 0.5 teaspoon ground pepper black
- 1 teaspoon onion powder
- 3 onions chopped
- 0.5 cup parsley chopped
- 1 bell pepper red chopped
- 1 teaspoon sugar white
- 1 tablespoon worcestershire sauce

## Equipment

- food processor
- frying pan
- pot
- blender

## Directions

- In a large pot over medium high heat, saute the bacon until crisp.
- Drain the fat, leaving about 2 tablespoons in the pot. Crumble the bacon, reserving for later for garnish.
- Add the onions, carrots, red bell pepper, celery and garlic to the pot and saute in the bacon fat for 10 minutes.
- Stir in the sugar, ground black pepper, cayenne pepper, garlic powder, onion powder, bay leaf, thyme and Worcestershire sauce. Now pour in just a small amount of chicken stock to deglaze the pan. (Note: This removes all of the caramelized particles from the bottom of the pan.)
- Add the beans and the rest of the stock and continue to cook over medium high heat for 10 to 15 minutes, or until all vegetables are tender.
- In a food processor or blender, puree 3 cups of soup at a time, adjusting seasoning if necessary. Return all pureed soup to the pot, stir in the parsley and crumbled bacon and simmer for 10 more minutes.

# Nutrition Facts

PROTEIN 19.77% FAT 24.39% CARBS 55.84%

## Properties

Glycemic Index:61.65, Glycemic Load:10.04, Inflammation Score:-10, Nutrition Score:26.012608776922%

## Flavonoids

Apigenin: 11.16mg, Apigenin: 11.16mg, Apigenin: 11.16mg, Apigenin: 11.16mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

## Nutrients (% of daily need)

Calories: 298.32kcal (14.92%), Fat: 8.29g (12.76%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 33.37g (12.13%), Sugar: 6.45g (7.17%), Cholesterol: 15.23mg (5.08%), Sodium: 778.05mg (33.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.25%), Vitamin K: 97.17µg (92.54%), Vitamin A: 4555.32IU (91.11%), Manganese: 1.03mg (51.41%), Vitamin C: 38.95mg (47.21%), Fiber: 9.37g (37.49%), Folate: 129.31µg (32.33%), Iron: 5.48mg (30.46%), Potassium: 1002.9mg (28.65%), Magnesium: 92.77mg (23.19%), Copper: 0.43mg (21.32%), Phosphorus: 204.74mg (20.47%), Vitamin B1: 0.29mg (19.14%), Vitamin B6: 0.36mg (18.02%), Calcium: 156.12mg (15.61%), Zinc: 2.25mg (14.99%), Vitamin B2: 0.22mg (13.21%), Vitamin E: 1.84mg (12.27%), Selenium: 7.45µg (10.64%), Vitamin B3: 1.86mg (9.32%), Vitamin B5: 0.64mg (6.37%), Vitamin B12: 0.12µg (2.05%)