



Bean Soup



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 cup carrots sliced
- ☐ 0.5 cup celery sliced
- ☐ 2 cups ham diced
- ☐ 16 ounce navy beans dried
- ☐ 1 pinch ground pepper black
- ☐ 1 ham bone
- ☐ 0.3 cup onion minced

- ☐ 0.5 teaspoon salt
- ☐ 7 cups water

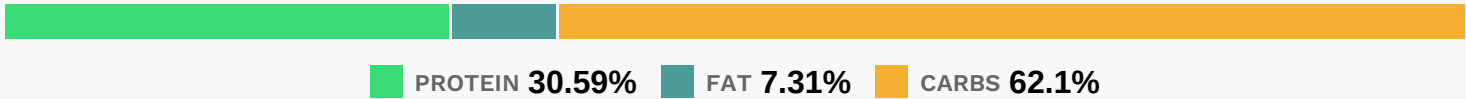
Equipment

- ☐ pot

Directions

- ☐ Place rinsed beans into a large stock pot.
- ☐ Add water and bring to a boil. Boil gently for 2 minutes; remove from heat, cover and let stand for 1 hour.
- ☐ Add ham bone, cubed ham, onion, salt, pepper and bay leaves. Bring to a boil; reduce heat, cover and simmer for 1 hour and 15 minutes or until beans are soft. Occasionally skim service of soup while it is cooking.
- ☐ Add carrots and celery, cook until tender.
- ☐ Remove ham bone, scrape any meat from bone and place back into soup and serve.

Nutrition Facts



Properties

Glycemic Index:17.23, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:17.062608762928%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 227.84kcal (11.39%), Fat: 1.9g (2.93%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 22.14g (8.05%), Sugar: 3.38g (3.76%), Cholesterol: 15.27mg (5.09%), Sodium: 540.82mg (23.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.85%), Fiber: 14.25g (57%), Folate: 211.15µg (52.79%), Manganese: 0.83mg (41.57%), Vitamin B1: 0.45mg (29.89%), Vitamin A: 1365.76IU (27.32%), Magnesium: 103.49mg (25.87%), Copper: 0.51mg (25.7%), Phosphorus: 236.56mg (23.66%), Potassium: 721.46mg (20.61%), Iron: 3.35mg

(18.62%), Zinc: 2.13mg (14.18%), Vitamin B6: 0.26mg (13.23%), Calcium: 96.12mg (9.61%), Selenium: 6.3µg (8.99%),
Vitamin B3: 1.35mg (6.73%), Vitamin B2: 0.1mg (6.04%), Vitamin B5: 0.47mg (4.66%), Vitamin K: 4.36µg (4.16%),
Vitamin C: 1.04mg (1.26%)