



Bean with Bacon Soup



Gluten Free



Dairy Free



Popular

READY IN



135 min.

SERVINGS



8

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon
- ☐ 1 bay leaf
- ☐ 2 bay leaves
- ☐ 0.5 cup carrots
- ☐ 2 large carrots
- ☐ 0.3 cup celery
- ☐ 2 rib celery whole with leaves
- ☐ 1 tablespoon chicken stock cube

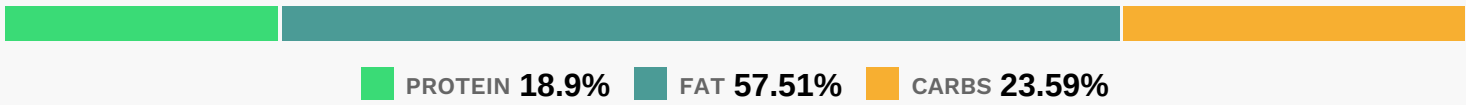
- ☐ 4 cups chicken stock see
- ☐ 4 sprigs parsley fresh
- ☐ 1 teaspoon garlic
- ☐ 8 servings hot sauce for the table
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 teaspoon liquid smoke
- ☐ 1 pound navy beans dry (pea)
- ☐ 1 large onion
- ☐ 1 cup onion
- ☐ 8 turns pepper grinder
- ☐ 2 dashes pepper flakes red
- ☐ 1 pinch thyme leaves
- ☐ 0.5 ounce can tomato paste canned
- ☐ 2 quarts water
- ☐ 0.5 teaspoon peppercorns whole
- ☐ 1 large meaty hambone

Equipment

Directions

- ☐ Recipe: Bean with Bacon Soup
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 15 min |Cook time: 2 hours |

Nutrition Facts



Properties

Glycemic Index:58.38, Glycemic Load:5.32, Inflammation Score:-10, Nutrition Score:18.472174001777%

Flavonoids

Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg, Isorhamnetin: 1.94mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 461.86kcal (23.09%), Fat: 29.46g (45.33%), Saturated Fat: 9.86g (61.62%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 19.35g (7.04%), Sugar: 5.18g (5.75%), Cholesterol: 64.27mg (21.42%), Sodium: 1372.9mg (59.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.56%), Vitamin A: 4511.5IU (90.23%), Fiber: 7.84g (31.37%), Manganese: 0.58mg (28.78%), Folate: 100.25µg (25.06%), Vitamin B1: 0.37mg (24.83%), Vitamin B3: 4.93mg (24.64%), Selenium: 16.26µg (23.23%), Phosphorus: 221.63mg (22.16%), Potassium: 714.64mg (20.42%), Vitamin B6: 0.4mg (20.14%), Vitamin K: 15.73µg (14.98%), Copper: 0.3mg (14.79%), Iron: 2.57mg (14.27%), Magnesium: 54.75mg (13.69%), Vitamin B2: 0.22mg (13.03%), Zinc: 1.62mg (10.78%), Calcium: 85.52mg (8.55%), Vitamin C: 6.17mg (7.48%), Vitamin B5: 0.62mg (6.21%), Vitamin B12: 0.29µg (4.76%), Vitamin E: 0.59mg (3.95%), Vitamin D: 0.23µg (1.51%)