



Broccoli Rabe and White Bean Soup

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces broccoli rabe (rapini)
- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 garlic clove halved
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion coarsely chopped
- ☐ 2 ounces parmigiano-reggiano cheese grated

- ☐ 3 inch parmigiano-reggiano cheese rind
- ☐ 0.5 teaspoon sea salt
- ☐ 5 cups water
- ☐ 5 ounce bread whole wheat toasted

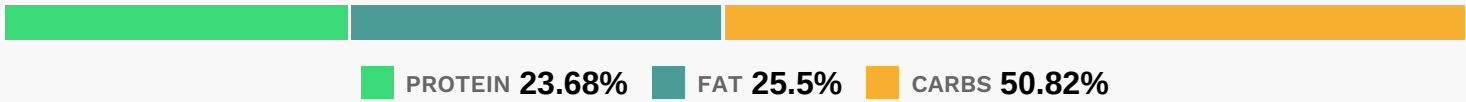
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Remove and discard tough ends from broccoli rabe stems; coarsley chop the broccoli rabe.
- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion; cook 5 minutes, stirring frequently.
- ☐ Add red pepper and 2 garlic cloves; cook 1 minute, stirring constantly.
- ☐ Add broccoli rabe and salt, and cook 30 seconds, stirring constantly.
- ☐ Add water and cheese rind. Increase heat to medium-high; bring to a boil. Reduce heat, simmer 15 minutes.
- ☐ Add beans, and simmer 5 minutes. Discard cheese rind.
- ☐ Rub both sides of toasted bread with cut sides of halved garlic clove. Tear toasts into bite-sized pieces; divide toast pieces evenly among 4 bowls. Ladle 1 1/2 cups soup over toast pieces in each bowl; top each serving with 2 tablespoons grated cheese.

Nutrition Facts



Properties

Glycemic Index:68.42, Glycemic Load:17.01, Inflammation Score:-9, Nutrition Score:29.260869337165%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 17.55mg, Quercetin: 17.55mg, Quercetin: 17.55mg, Quercetin: 17.55mg

Nutrients (% of daily need)

Calories: 384.25kcal (19.21%), Fat: 11.13g (17.12%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 49.91g (16.64%), Net Carbohydrates: 39.36g (14.31%), Sugar: 5.71g (6.34%), Cholesterol: 14.89mg (4.96%), Sodium: 845.86mg (36.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.52%), Vitamin K: 136.03µg (129.55%), Manganese: 1.71mg (85.63%), Calcium: 493.04mg (49.3%), Fiber: 10.55g (42.2%), Phosphorus: 398.71mg (39.87%), Folate: 152.49µg (38.12%), Vitamin A: 1697.61IU (33.95%), Iron: 5.94mg (33%), Magnesium: 118.94mg (29.74%), Vitamin B1: 0.39mg (25.96%), Potassium: 863.05mg (24.66%), Selenium: 17.2µg (24.57%), Copper: 0.46mg (23.04%), Vitamin C: 18.08mg (21.91%), Zinc: 3.13mg (20.87%), Vitamin B6: 0.41mg (20.25%), Vitamin E: 2.62mg (17.49%), Vitamin B2: 0.27mg (15.99%), Vitamin B3: 2.57mg (12.86%), Vitamin B5: 0.85mg (8.48%), Vitamin B12: 0.26µg (4.38%)