



Butter Bean Soup with Portabellas and Wild Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounces portabello mushrooms sliced
- 0.3 teaspoon pepper black
- 2 ribs celery diced
- 1 teaspoon rosemary leaves dried fresh minced crushed
- 4 cloves garlic minced
- 1 pound lima beans *soaked overnight fresh
- 2 medium onion diced

- 0.5 teaspoon sage
- 1 teaspoons salt to taste ()
- 1 teaspoon soya sauce
- 1 teaspoon thyme leaves
- 6 cups water
- 0.3 cup rice wild

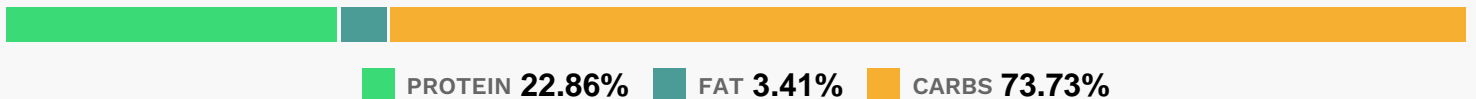
Equipment

- pot

Directions

- Heat a large non-stick pot.
- Add the onions, and saute until they begin to brown, about 6 minutes. (
- Add a tablespoon or two of water to prevent sticking, if necessary.)
- Add the celery and garlic, and cook for another two minutes.
- Add the water and butter beans and bring to a boil.
- Add all remaining ingredients, bring back to a boil, reduce heat, and simmer until the beans and wild rice are both done, 45-55 minutes. If necessary, thin soup with water as it is cooking, according to taste. Just before serving, about 1/2 cup of the beans may be mashed or blended to make the broth thicker.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:6.9, Inflammation Score:-7, Nutrition Score:12.097391213412%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 137.9kcal (6.89%), Fat: 0.55g (0.84%), Saturated Fat: 0.13g (0.78%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 19.54g (7.1%), Sugar: 4.84g (5.38%), Cholesterol: 0mg (0%), Sodium: 472.33mg (20.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Copper: 0.87mg (43.32%), Manganese: 0.63mg (31.59%), Fiber: 7.04g (28.17%), Folate: 89.21µg (22.3%), Potassium: 618.08mg (17.66%), Phosphorus: 162.15mg (16.21%), Vitamin B6: 0.27mg (13.59%), Magnesium: 53.69mg (13.42%), Selenium: 9.4µg (13.42%), Iron: 2.28mg (12.65%), Vitamin B1: 0.17mg (11.41%), Vitamin B3: 2.19mg (10.94%), Zinc: 1.41mg (9.39%), Vitamin B5: 0.81mg (8.1%), Vitamin B2: 0.12mg (7%), Vitamin K: 5.86µg (5.58%), Vitamin C: 4.29mg (5.2%), Calcium: 42.89mg (4.29%), Vitamin E: 0.24mg (1.61%), Vitamin A: 78.83IU (1.58%)