



Cabbage and White Bean Soup

READY IN



45 min.

SERVINGS



4

CALORIES



1336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 inch crusty baguette
- ☐ 1 lb cabbage cored cut into 1/2-inch pieces (6 cups)
- ☐ 7 oz navy dried white picked over rinsed
- ☐ 2 garlic clove finely chopped
- ☐ 1 medium onion whole peeled
- ☐ 6 parsley fresh
- ☐ 2.5 lb pork hock smoked
- ☐ 1 thyme sprigs fresh
- ☐ 1 bay leaves

- ☐ 0.3 cup butter unsalted softened
- ☐ 3 qt water
- ☐ 1 lb yukon gold potatoes (3 to 4 medium)

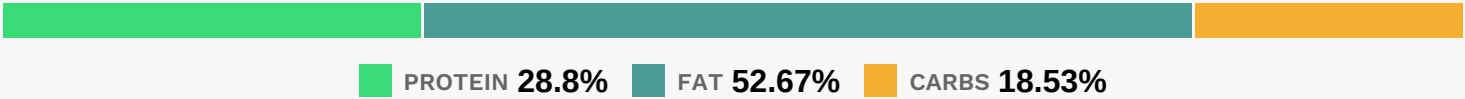
Equipment

- ☐ frying pan
- ☐ pot
- ☐ colander

Directions

- ☐ Soak beans in cold water to cover by 2 inches at room temperature at least 8 hours, or quick-soak (see cooks' note, below).
- ☐ Drain in a colander.
- ☐ Stick clove into onion. Bring ham hocks and 3 quarts water to a boil in a wide 6- to 7-quart heavy pot, skimming off any froth, then reduce heat and simmer, covered, 1 hour.
- ☐ Add beans, onion, parsley, bay leaf, thyme, and garlic and simmer, uncovered, stirring occasionally, until beans are almost tender, 40 to 50 minutes.
- ☐ When beans are almost done, peel potatoes and cut into 1-inch pieces.
- ☐ Add potatoes and cabbage to beans, then simmer, uncovered, until vegetables are very tender, 20 to 25 minutes.
- ☐ Remove ham hocks. When ham hocks are cool enough to handle, discard skin and bones, then cut meat into bite-size pieces. Stir into soup with salt and pepper to taste. Discard bay leaf and onion.
- ☐ Spread butter on both sides of bread, then toast in a 12-inch heavy skillet over moderate heat, turning over once, until golden, about 2 minutes total.
- ☐ Serve soup with toasts.
- ☐ • Beans can be soaked up to 12 hours, chilled. • To quick-soak beans: Cover beans with cold water by 2 inches in a 5- to 6-quart pot and bring to a boil, uncovered. Boil beans, uncovered, 2 minutes, then remove from heat and let stand, uncovered, 1 hour. • Soup improves in flavor if made 1 day ahead, cooled completely, uncovered, then chilled, covered.
- ☐ Remove any solidified fat and reheat, thinning with water if necessary.

Nutrition Facts



Properties

Glycemic Index:83.38, Glycemic Load:18.14, Inflammation Score:-9, Nutrition Score:33.976087250139%

Flavonoids

Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 3.33mg, Apigenin: 3.33mg, Apigenin: 3.33mg, Apigenin: 3.33mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 1336.44kcal (66.82%), Fat: 77.51g (119.24%), Saturated Fat: 31.6g (197.49%), Carbohydrates: 61.37g (20.46%), Net Carbohydrates: 47.83g (17.39%), Sugar: 6.94g (7.71%), Cholesterol: 339.51mg (113.17%), Sodium: 806.71mg (35.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 95.37g (190.73%), Vitamin K: 116.96µg (111.39%), Vitamin C: 68.75mg (83.34%), Potassium: 2665.4mg (76.15%), Folate: 271.61µg (67.9%), Manganese: 1.33mg (66.68%), Iron: 11.55mg (64.19%), Fiber: 13.54g (54.16%), Copper: 0.77mg (38.58%), Magnesium: 146.63mg (36.66%), Vitamin B6: 0.69mg (34.58%), Vitamin B1: 0.42mg (27.78%), Calcium: 275.76mg (27.58%), Phosphorus: 261.91mg (26.19%), Zinc: 2.55mg (17.02%), Vitamin A: 608.41IU (12.17%), Selenium: 8.18µg (11.69%), Vitamin B2: 0.18mg (10.76%), Vitamin B5: 1.02mg (10.19%), Vitamin B3: 1.94mg (9.72%), Vitamin E: 0.64mg (4.29%), Vitamin D: 0.21µg (1.42%)