



## Cabbage-and-White-Bean Soup with Prosciutto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 cups chicken broth low-sodium homemade canned
- ☐ 1 teaspoon rosemary dried crumbled
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 6 plum tomatoes fresh canned chopped
- ☐ 0.3 pound pancetta sliced chopped
- ☐ 1.3 teaspoons salt

- ☐ 0.8 pound savoy cabbage cut into 1-inch squares ( 5 cups)
- ☐ 1 quart water
- ☐ 19 ounces can)
- ☐ 19 ounces can)

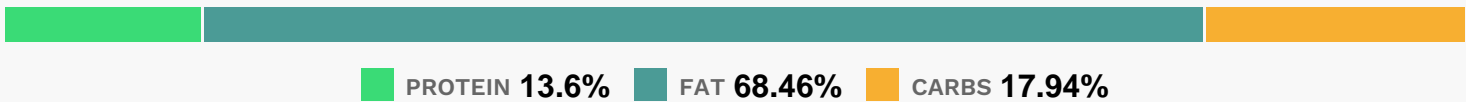
## Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

## Directions

- ☐ In a large pot, heat the oil over moderately low heat.
- ☐ Add the garlic and tomatoes and cook, stirring frequently, for 5 minutes.
- ☐ Add the cabbage, water, broth, rosemary, and salt. Bring to a boil. Reduce the heat and simmer, partially covered, until the cabbage is tender, about 20 minutes.
- ☐ Stir in the beans and simmer until just warmed through, about 3 minutes. Ladle the soup into bowls and sprinkle the prosciutto over the top.
- ☐ Wine Recommendation: There is a revolution going on in Italian wine, with more choices than ever available from the southern regions of the country. Try a Greco di Tufo, a rich, earthy, nutty white from Campania, for a perfect accompaniment to this rustic soup.
- ☐ Notes: Beautiful crinkled leaves make Savoy cabbage the most attractive member of the cabbage family. It also has a unique flavor, mellower than other varieties, even a little bit sweet. But you can certainly substitute regular green cabbage here if you prefer.

## Nutrition Facts



## Properties

Glycemic Index:42.5, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:15.321304145067%

## Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 242.12kcal (12.11%), Fat: 19.25g (29.61%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 7.53g (2.74%), Sugar: 4.55g (5.06%), Cholesterol: 18.71mg (6.24%), Sodium: 990.61mg (43.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin K: 70.11µg (66.77%), Vitamin C: 39.82mg (48.27%), Vitamin A: 1636.65IU (32.73%), Folate: 82.13µg (20.53%), Vitamin B3: 3.58mg (17.9%), Vitamin B6: 0.35mg (17.58%), Potassium: 583.11mg (16.66%), Fiber: 3.81g (15.24%), Manganese: 0.3mg (15.11%), Phosphorus: 137.72mg (13.77%), Vitamin E: 1.78mg (11.86%), Vitamin B1: 0.18mg (11.79%), Copper: 0.22mg (11.25%), Magnesium: 41.63mg (10.41%), Selenium: 6.79µg (9.69%), Vitamin B2: 0.1mg (6.13%), Zinc: 0.89mg (5.95%), Iron: 1.05mg (5.81%), Calcium: 57.21mg (5.72%), Vitamin B12: 0.26µg (4.33%), Vitamin B5: 0.41mg (4.13%)