



Cabbage-Bean Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce cabbage shredded
- ☐ 16 ounce cannellini beans rinsed drained canned
- ☐ 2 teaspoons chili seasoning
- ☐ 8 ounces ham diced cooked
- ☐ 1 small onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 29 ounce stewed tomatoes mexican-style canned
- ☐ 2 cups water

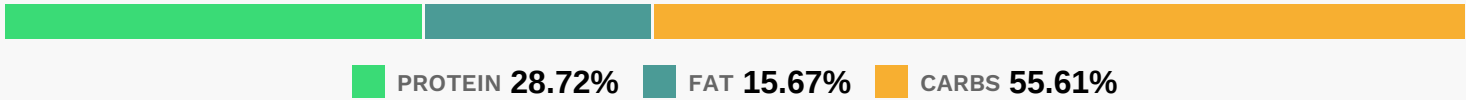
Equipment

☐ dutch oven

Directions

- ☐ Saute onion in a Dutch oven coated with cooking spray over medium heat until tender.
- ☐ Add 2 cups water and next 5 ingredients. Bring to a boil; cover, reduce heat, and simmer 15 minutes.
- ☐ Add beans; cover and simmer, stirring occasionally, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:16.86, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:15.335217517355%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 168.6kcal (8.43%), Fat: 3.07g (4.72%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 18.78g (6.83%), Sugar: 5.91g (6.57%), Cholesterol: 23.65mg (7.88%), Sodium: 647.84mg (28.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.33%), Vitamin C: 33.24mg (40.29%), Vitamin K: 34.21µg (32.58%), Vitamin B1: 0.35mg (23.31%), Fiber: 5.75g (23%), Manganese: 0.44mg (22.24%), Phosphorus: 221.56mg (22.16%), Folate: 78.94µg (19.73%), Potassium: 659.03mg (18.83%), Iron: 3.19mg (17.74%), Magnesium: 61.62mg (15.41%), Copper: 0.3mg (14.98%), Selenium: 9.99µg (14.27%), Vitamin B6: 0.25mg (12.31%), Vitamin B3: 2.45mg (12.27%), Vitamin B2: 0.18mg (10.77%), Vitamin A: 523.74IU (10.47%), Calcium: 98.37mg (9.84%), Zinc: 1.47mg (9.77%), Vitamin E: 1.2mg (8.03%), Vitamin B12: 0.46µg (7.61%), Vitamin B5: 0.71mg (7.1%)