



Cabbage, Potato and Baked Bean Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 6 cups cabbage shredded
- ☐ 1 cup celery thinly sliced
- ☐ 4 cups chicken broth
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 2.5 cups potatoes cubed peeled
- ☐ 15 ounce pork and beans in tomato sauce canned

☐ 2 teaspoons vegetable oil

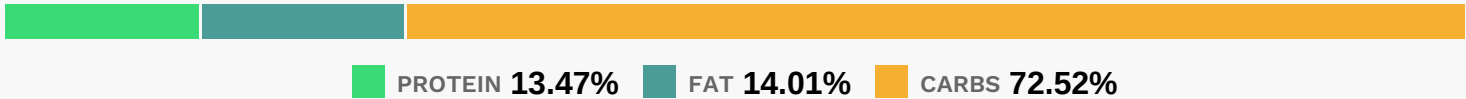
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in medium size saucepan.
- ☐ Add potatoes, celery, and onion, saute for 5 minutes.
- ☐ Stir in cabbage, cover and cook over medium heat, until cabbage is tender.
- ☐ Add broth, bay leaf, pepper and pork and beans.
- ☐ Heat until soup is hot and then remove bay leaf and serve.

Nutrition Facts



Properties

Glycemic Index:43.96, Glycemic Load:13.89, Inflammation Score:-7, Nutrition Score:14.990869625755%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 134.71kcal (6.74%), Fat: 2.24g (3.45%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 20.76g (7.55%), Sugar: 7.12g (7.91%), Cholesterol: 3.13mg (1.04%), Sodium: 949.26mg (41.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.71%), Vitamin K: 64.88µg (61.79%), Vitamin C: 49.7mg (60.25%), Manganese: 0.46mg (22.87%), Potassium: 798.91mg (22.83%), Vitamin B6: 0.45mg (22.48%), Fiber: 5.37g (21.46%), Folate: 60.08µg (15.02%), Vitamin B2: 0.21mg (12.32%), Vitamin B1: 0.17mg (11.65%), Copper: 0.23mg (11.41%), Magnesium: 44.71mg (11.18%), Vitamin B3: 2.21mg (11.04%), Iron: 1.9mg (10.54%), Phosphorus: 103.12mg (10.31%), Vitamin A: 458.26IU (9.17%), Vitamin E: 1.37mg (9.14%), Vitamin B5: 0.71mg (7.07%), Calcium: 66.52mg (6.65%), Zinc: 0.7mg (4.67%), Selenium: 1.69µg (2.42%)