



## Cabbage, White Bean, and Potato Soup

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



264 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 medium size head cabbage thinly sliced
- 15.5 oz .5 can cannellini beans drained and rinsed canned
- 6 cups chicken broth organic
- 10 servings toppings: parmesan cheese and extra virgin olive oil fresh shaved
- 1 pound fingerling potatoes cut into 1/2-inch-thick slices
- 3 garlic cloves minced
- 1 teaspoon kosher salt

- 2 tablespoons olive oil
- 10 servings garlic toast
- 1 large onion yellow chopped

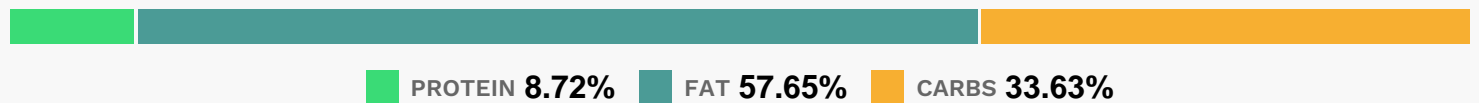
## Equipment

- dutch oven

## Directions

- Saut onion and minced garlic in hot olive oil in a large Dutch oven over medium-high heat 5 to 7 minutes or until tender.
- Add potatoes, salt, and pepper. Stir in cabbage, chicken broth, and cannellini beans, and bring to a boil. Cover and reduce heat to medium-low. Simmer 15 minutes. Top each serving with shaved fresh Parmesan cheese and a drizzle of extra virgin olive oil.
- Serve with garlic toast.

## Nutrition Facts



## Properties

Glycemic Index:24.77, Glycemic Load:9.1, Inflammation Score:-4, Nutrition Score:11.585652215325%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

## Nutrients (% of daily need)

Calories: 263.86kcal (13.19%), Fat: 17.37g (26.73%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 18.23g (6.63%), Sugar: 3.23g (3.59%), Cholesterol: 2.83mg (0.94%), Sodium: 775.78mg (33.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.83%), Vitamin K: 47.03µg (44.79%), Vitamin C: 26.94mg (32.66%), Manganese: 0.49mg (24.26%), Vitamin E: 2.9mg (19.35%), Fiber: 4.57g (18.27%), Potassium: 521.38mg (14.9%), Folate: 59.28µg (14.82%), Vitamin B6: 0.25mg (12.66%), Iron: 2.17mg (12.03%), Magnesium: 41.86mg (10.47%), Vitamin B1: 0.15mg (9.92%), Copper: 0.19mg (9.61%), Phosphorus: 90.2mg (9.02%), Vitamin B2: 0.14mg

(8.28%), Calcium: 68.34mg (6.83%), Zinc: 0.85mg (5.66%), Vitamin B3: 1.01mg (5.03%), Vitamin B5: 0.35mg (3.52%), Selenium: 2.06µg (2.94%)