



 **83%**
HEALTH SCORE

Caldo Gallego (White Bean Soup)

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2.5 cups navy beans dried
- 3 tablespoons flour all-purpose
- 4 garlic cloves minced
- 1 teaspoon ground cumin
- 6 packets ham-flavored concentrate
- 3 tablespoons olive oil
- 2 cups onion chopped

- 2 cups roma tomatoes chopped
- 0.5 teaspoon salt
- 8 ounce ham smoked cubed ()
- 0.3 pound chorizo spanish
- 1 cup pkt spinach fresh chopped
- 6 cups water
- 1 cup white wine
- 0.8 pound yukon gold potatoes cubed peeled

Equipment

- bowl
- whisk
- dutch oven

Directions

- Sort and wash beans.
- Place in a large Dutch oven with water to cover 2 inches above beans; cover and let soak 8 hours.
- Drain, discarding water.
- Remove casings from chorizo, and slice diagonally. Saut chorizo and ham in olive oil 5 minutes or until meats begin to brown.
- Add onion, and saut 10 minutes; add garlic, and saut 30 seconds.
- Stir in flour. Gradually add water, whisking constantly until sauce is smooth. Stir in beans, ham concentrate, and next 6 ingredients. Bring to a boil; cover, reduce heat, and simmer 2 1/2 hours or until beans are tender, stirring occasionally. Stir in spinach, and remove from heat. Spoon soup into individual bowls.
- *For testing purposes, we used Goya ham concentrate.

Nutrition Facts



■ PROTEIN 22.81% ■ FAT 23.4% ■ CARBS 53.79%

Properties

Glycemic Index:60.96, Glycemic Load:11.62, Inflammation Score:-9, Nutrition Score:35.484347847655%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.93mg, Quercetin: 11.93mg, Quercetin: 11.93mg, Quercetin: 11.93mg

Nutrients (% of daily need)

Calories: 579.23kcal (28.96%), Fat: 14.62g (22.5%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 75.64g (25.21%), Net Carbohydrates: 51.06g (18.57%), Sugar: 8.62g (9.58%), Cholesterol: 30.58mg (10.19%), Sodium: 697.47mg (30.32%), Alcohol: 4.12g (100%), Alcohol %: 0.83% (100%), Protein: 32.07g (64.14%), Fiber: 24.58g (98.31%), Folate: 363.62µg (90.9%), Manganese: 1.66mg (82.9%), Vitamin B1: 0.82mg (54.56%), Phosphorus: 528.34mg (52.83%), Magnesium: 203.77mg (50.94%), Copper: 1.01mg (50.28%), Potassium: 1711.25mg (48.89%), Iron: 7.12mg (39.55%), Vitamin K: 38.55µg (36.71%), Vitamin B6: 0.73mg (36.36%), Vitamin C: 27.98mg (33.91%), Zinc: 4.43mg (29.51%), Vitamin A: 1200.8IU (24.02%), Calcium: 182.07mg (18.21%), Vitamin B3: 3.4mg (17%), Selenium: 11.87µg (16.95%), Vitamin B2: 0.23mg (13.5%), Vitamin E: 1.59mg (10.6%), Vitamin B5: 1mg (10.05%)