






 **67%**
HEALTH SCORE

Cannellini and Escarole Soup with Garlic Oil

 **Gluten Free**  **Very Healthy**

READY IN

45 min.

SERVINGS

4

CALORIES

571 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 4 slices bacon thick
- 45 ounce .5 can cannellini beans drained and rinsed canned
- 2 cups chicken stock see low-sodium canned
- 0.3 teaspoon pepper red crushed
- 1 small head endive coarsely chopped
- 4 garlic cloves--1 minced crushed
- 2 tablespoons olive oil extra-virgin
- 2 tablespoons parmesan cheese freshly grated

4 servings salt and pepper black freshly ground

Equipment

food processor

frying pan

sauce pan

blender

slotted spoon

Directions

In a large saucepan, cook the bacon over moderately high heat until crisp, about 6 minutes. Using a slotted spoon, transfer the bacon to a plate.

Pour off all but 2 tablespoons of the fat and return the saucepan to moderately high heat.

Add the escarole, minced garlic and crushed red pepper and season with salt and black pepper. Cook, stirring, until the escarole wilts, about 2 minutes.

Meanwhile, in a blender or food processor, puree half of the beans with the chicken stock until smooth.

Add the pureed and whole beans, bacon and 1 1/2 cups of water to the saucepan and bring to a boil. Reduce the heat to moderately low and cook until the escarole is tender, about 10 minutes.

Meanwhile, in a small skillet, cook the crushed garlic in the oil over moderate heat until golden; discard the garlic.

Drizzle the soup with the garlic oil and sprinkle with the Parmesan.

Wine Recommendation: 1995 Long Vineyards Sauvignon Blanc or 1995 Silverado Vineyards Sauvignon Blanc

Nutrition Facts



PROTEIN 20.94% **FAT 28.17%** **CARBS 50.89%**

Properties

Glycemic Index:34.5, Glycemic Load:16.63, Inflammation Score:-10, Nutrition Score:38.820869422477%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg, Kaempferol: 11.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 570.81kcal (28.54%), Fat: 18.33g (28.19%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 74.51g (24.84%), Net Carbohydrates: 55.58g (20.21%), Sugar: 1.4g (1.56%), Cholesterol: 16.69mg (5.57%), Sodium: 268.21mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.66g (61.31%), Vitamin K: 273.73µg (260.69%), Manganese: 2.18mg (109.23%), Folate: 367.35µg (91.84%), Fiber: 18.93g (75.71%), Iron: 10.94mg (60.78%), Potassium: 1966.71mg (56.19%), Vitamin A: 2505.52IU (50.11%), Copper: 0.93mg (46.66%), Magnesium: 185.33mg (46.33%), Phosphorus: 409.78mg (40.98%), Zinc: 4.99mg (33.25%), Calcium: 325.6mg (32.56%), Vitamin B1: 0.46mg (30.93%), Vitamin E: 4.18mg (27.87%), Vitamin B6: 0.37mg (18.71%), Vitamin B5: 1.75mg (17.53%), Vitamin B3: 3.35mg (16.75%), Selenium: 11.08µg (15.83%), Vitamin B2: 0.27mg (15.82%), Vitamin C: 8.25mg (10%), Vitamin B12: 0.26µg (4.36%)