



Cannellini Bean Soup with Kale and Garlic-Olive Oil Crostini

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 baguette
- 30 ounce .5 can cannellini beans drained and rinsed canned
- 1 large bunch kale chopped
- 0.3 cup olive oil extra-virgin plus more for the bruschetta
- 2 teaspoons oregano dried
- 2 tablespoons red wine vinegar
- 8 servings salt and pepper black freshly ground

- 6 ounce tomato paste canned
- 6 cloves garlic whole thinly sliced
- 2 quarts a combination

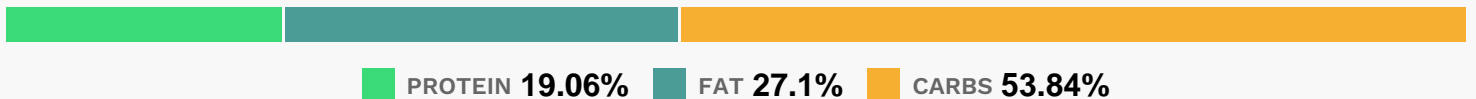
Equipment

- oven
- pot
- toaster

Directions

- Heat oil in a large pot.
- Add garlic and oregano and cook no more than a minute.
- Add tomato paste and vinegar, and cook another minute.
- Add beans and stock and bring to a simmer. Season with salt and pepper.
- Add kale and simmer, partially covered, for 1 hour. Season, to taste, again with salt and pepper before serving.
- Slice baguette on a heavy angle to create long slices. Toast in a toaster or in the conventional oven. Rub once or twice with half a garlic clove. Season a shallow plate of extra-virgin olive oil with salt and dip each side of bread into the oil.
- Serve as accompaniment to the soup.

Nutrition Facts



Properties

Glycemic Index:25.97, Glycemic Load:16.38, Inflammation Score:-7, Nutrition Score:16.737826027219%

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 359.82kcal (17.99%), Fat: 10.88g (16.74%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 48.64g (16.21%), Net Carbohydrates: 42.19g (15.34%), Sugar: 6.49g (7.21%), Cholesterol: 7.19mg (2.4%), Sodium: 565.86mg (24.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.43%), Manganese: 0.81mg (40.42%), Folate: 118.41µg (29.6%), Iron: 5.32mg (29.55%), Vitamin B3: 5.58mg (27.91%), Vitamin B1: 0.39mg (25.88%), Fiber: 6.45g (25.79%), Potassium: 850.57mg (24.3%), Copper: 0.46mg (23.14%), Vitamin B2: 0.36mg (21.02%), Phosphorus: 201.9mg (20.19%), Magnesium: 78.31mg (19.58%), Selenium: 12.78µg (18.25%), Vitamin B6: 0.32mg (16.12%), Vitamin E: 2.33mg (15.56%), Calcium: 137.55mg (13.76%), Zinc: 1.87mg (12.49%), Vitamin K: 13µg (12.38%), Vitamin B5: 0.39mg (3.93%), Vitamin C: 3.16mg (3.83%), Vitamin A: 62.09IU (1.24%)