



Chard, Bean, and Pancetta Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 75 oz .5 can cannellini beans white rinsed drained canned
- ☐ 2 quarts fat-skimmed chicken broth
- ☐ 1.5 teaspoons thyme leaves dried fresh
- ☐ 0.3 cup juice of lemon
- ☐ 1 cup oven-sautéed onions and garlic
- ☐ 0.8 cup pancetta diced
- ☐ 8 servings salt and pepper
- ☐ 0.8 pound swiss chard

- ☐ 3 tablespoons tomato paste

Equipment

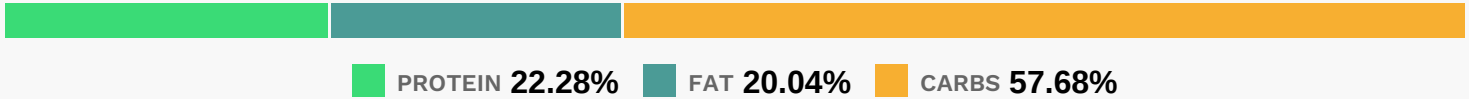
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Rinse and drain chard. Trim discolored ends from stems. Thinly slice stems and coarsely chop leaves.
- ☐ In a 5- to 6-quart pan over medium-high heat, stir pancetta often until lightly browned, about 5 minutes.
- ☐ Stir in chard, sauted onions and garlic, broth, lemon juice, tomato paste, and thyme. Bring to a boil over high heat, stirring frequently. Reduce heat, cover, and simmer until chard stems are tender-crisp to bite, 2 to 4 minutes; stir occasionally.
- ☐ Stir in beans.
- ☐ Let cool to room temperature, about 1 1/2 hours.
- ☐ Ladle 1/2 the soup into each of 2 plastic freezer bags (1-gal. size). Seal bags and freeze (see Cold Facts below).
- ☐ Thaw 1 bag (see Thawing below). Empty soup into a 3- to 4-quart pan and bring to a boil over high heat, stirring frequently, about 15 minutes. Season to taste with salt and pepper.
- ☐ Heat frozen foods in plastic bags in a microwave oven at 50% power just until pliable, then cook as recipe directs or empty food into a microwave-safe container, drape loosely with microwave-safe plastic wrap, and cook at full power (100%) until steaming. Note: If your microwave accepts metal, you can also quick-thaw dishes frozen in foil pans; follow manufacturer's instructions.

- ☐ Cold Facts. Packaging: freezer bags. If ingredients include liquid, set each plastic freezer bag upright in a bowl, then fill. Squeeze out all air and seal bag. For better protection of frozen foods during storage, seal each bag inside a second one.
- ☐ Lay bags flat in freezer until solid so they will stack.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:15.8, Inflammation Score:-10, Nutrition Score:34.900869486125%

Flavonoids

Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 445.89kcal (22.29%), Fat: 10.21g (15.7%), Saturated Fat: 3.19g (19.94%), Carbohydrates: 66.11g (22.03%), Net Carbohydrates: 51.98g (18.9%), Sugar: 2.75g (3.06%), Cholesterol: 14.64mg (4.88%), Sodium: 1462.56mg (63.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.53g (51.07%), Vitamin K: 361.63µg (344.41%), Manganese: 1.86mg (93.17%), Fiber: 14.12g (56.49%), Vitamin A: 2720.45IU (54.41%), Iron: 9.68mg (53.76%), Potassium: 1624.49mg (46.41%), Folate: 184.51µg (46.13%), Magnesium: 183mg (45.75%), Copper: 0.82mg (41.18%), Phosphorus: 351.58mg (35.16%), Vitamin C: 23.91mg (28.98%), Vitamin B6: 0.56mg (28.16%), Calcium: 261.46mg (26.15%), Vitamin B1: 0.39mg (26.01%), Zinc: 3.69mg (24.57%), Selenium: 17.04µg (24.34%), Vitamin E: 3.29mg (21.9%), Vitamin B3: 3mg (15.01%), Vitamin B2: 0.24mg (13.85%), Vitamin B5: 1.1mg (10.97%), Vitamin B12: 0.58µg (9.73%)