



Chicken and White Bean Soup with Greens



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 19 ounce cannellini beans rinsed drained canned
- ☐ 0.5 cup carrots ()
- ☐ 6 cups fat-skimmed beef broth fat-free reduced-sodium
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 large garlic clove crushed
- ☐ 1 cup kale fresh packed roughly chopped

- ☐ 1.3 cups leek white thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 sprig rosemary leaves fresh (2-inch)
- ☐ 1.5 cups rotisserie chicken cut shredded boneless skinless
- ☐ 0.3 teaspoon salt

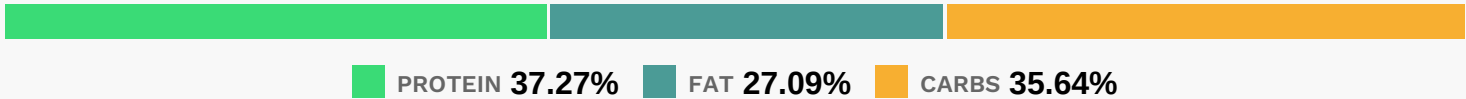
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat oil in a stockpot or Dutch oven over medium heat.
- ☐ Add leeks and garlic; cook, stirring occasionally, 34 minutes or until tender but not browned.
- ☐ Add carrots, and cook, stirring for 1 minute.
- ☐ Add broth, chicken, and rosemary; bring to a boil. Reduce heat, and simmer 5 minutes, skimming occasionally.
- ☐ Add beans and kale, and simmer for about 5 minutes more.
- ☐ Add spinach, and cook 23 minutes more or until tender. Season with salt and pepper.
- ☐ Remove rosemary sprig and garlic clove. Ladle soup into 6 warm bowls; sprinkle each with 1/2 teaspoon parsley.

Nutrition Facts



Properties

Glycemic Index:44.64, Glycemic Load:5.73, Inflammation Score:-10, Nutrition Score:16.016521723374%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg,

Isorhamnetin: 0.83mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg
Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.04mg, Quercetin: 1.04mg,
Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 260.15kcal (13.01%), Fat: 7.98g (12.27%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 23.62g (7.87%), Net
Carbohydrates: 18.36g (6.68%), Sugar: 1.9g (2.11%), Cholesterol: 56.78mg (18.93%), Sodium: 1252.45mg (54.45%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.38%), Vitamin K: 63.01µg (60.01%), Vitamin A:
2966.71IU (59.33%), Manganese: 0.68mg (34.01%), Folate: 87.45µg (21.86%), Fiber: 5.25g (21%), Iron: 3.69mg
(20.49%), Potassium: 590.22mg (16.86%), Magnesium: 60.25mg (15.06%), Copper: 0.29mg (14.53%), Phosphorus:
122.56mg (12.26%), Calcium: 105.24mg (10.52%), Vitamin C: 8.57mg (10.39%), Selenium: 6.78µg (9.69%), Vitamin E:
1.42mg (9.45%), Vitamin B6: 0.18mg (8.95%), Vitamin B1: 0.13mg (8.65%), Vitamin B3: 1.64mg (8.19%), Zinc: 1.15mg
(7.69%), Vitamin B12: 0.45µg (7.57%), Vitamin B2: 0.12mg (6.8%), Vitamin B5: 0.51mg (5.07%)