

 56%
HEALTH SCORE

Chicken and White Bean Soup with Herb Swirl



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 30 ounce cannellini beans drained canned
- ☐ 2 medium carrots halved lengthwise
- ☐ 1 large celery stalks thinly sliced
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 2 teaspoons sage fresh chopped
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 4 cups chicken broth

- ☐ 8 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 small onion chopped
- ☐ 0.5 cup parsley fresh italian
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into 1-inch pieces
- ☐ 0.5 cup tomato purée

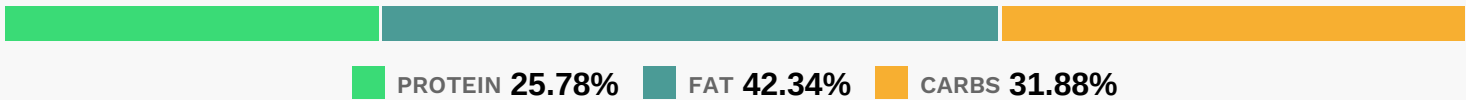
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat 4 tablespoons olive oil and next 4 ingredients in small skillet over medium heat until herbs are aromatic, about 1 1/2 minutes.
- ☐ Pour herb oil into bowl; cool.
- ☐ Heat 2 tablespoons oil in large pot over medium heat. Sauté chicken 5 minutes. Using slotted spoon, transfer chicken to bowl.
- ☐ Add 2 tablespoons oil to pot.
- ☐ Add onion, carrots, and celery; sauté until beginning to brown, about 15 minutes.
- ☐ Mix in last 5 ingredients. Bring to boil. Reduce heat; simmer 15 minutes.
- ☐ Add chicken; simmer until cooked through, about 5 minutes. Season with salt and pepper.
- ☐ Ladle soup into bowls. Gently swirl 1 teaspoon herb oil into center of each.

Nutrition Facts



Properties

Glycemic Index:35.64, Glycemic Load:8.18, Inflammation Score:-10, Nutrition Score:33.466521449711%

Flavonoids

Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 462.87kcal (23.14%), Fat: 22.17g (34.11%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 37.57g (12.52%), Net Carbohydrates: 29.26g (10.64%), Sugar: 3.18g (3.53%), Cholesterol: 48.38mg (16.13%), Sodium: 263.29mg (11.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.38g (60.77%), Copper: 2.54mg (126.92%), Vitamin K: 101.17µg (96.35%), Vitamin A: 3988.53IU (79.77%), Vitamin B3: 10.81mg (54.07%), Manganese: 0.91mg (45.53%), Vitamin B6: 0.77mg (38.28%), Selenium: 26.7µg (38.14%), Potassium: 1273.25mg (36.38%), Phosphorus: 358.22mg (35.82%), Fiber: 8.31g (33.24%), Iron: 5.94mg (32.99%), Vitamin E: 4.56mg (30.38%), Folate: 111.83µg (27.96%), Magnesium: 106.96mg (26.74%), Zinc: 2.41mg (16.07%), Vitamin C: 13.03mg (15.8%), Vitamin B5: 1.53mg (15.3%), Vitamin B1: 0.22mg (14.36%), Calcium: 141.55mg (14.15%), Vitamin B2: 0.22mg (12.76%), Vitamin B12: 0.31µg (5.14%)