



 **93%**  
HEALTH SCORE

# Chicken Soup with White Beans and Kale

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

READY IN  
  
**45 min.**

SERVINGS  
  
**4**

CALORIES  
  
**500 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 15.5 ounce .5 can cannellini beans rinsed canned
- 4 cups kale leaves
- 28 ounce chicken noodle soup canned

## Equipment

- sauce pan

## Directions

- In a medium saucepan, bring the soup to a simmer.
- Add the kale and cook, stirring occasionally, until just tender, 6 to 8 minutes. Stir in beans and cook until heated through, 2 to 3 minutes.

## Nutrition Facts

**PROTEIN 48.04%** **FAT 30.71%** **CARBS 21.25%**

### Properties

Glycemic Index:15.75, Glycemic Load:5.61, Inflammation Score:-10, Nutrition Score:27.042173681052%

### Flavonoids

Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 9.83mg, Kaempferol: 9.83mg, Kaempferol: 9.83mg, Kaempferol: 9.83mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

### Nutrients (% of daily need)

Calories: 499.71kcal (24.99%), Fat: 16.71g (25.7%), Saturated Fat: 4.59g (28.66%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 19.87g (7.23%), Sugar: 0.49g (0.54%), Cholesterol: 99.22mg (33.07%), Sodium: 973.14mg (42.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.8g (117.59%), Vitamin K: 89.65µg (85.38%), Selenium: 38.46µg (54.94%), Vitamin A: 2449.15IU (48.98%), Zinc: 6.27mg (41.82%), Phosphorus: 415.14mg (41.51%), Manganese: 0.7mg (35.21%), Iron: 6.2mg (34.45%), Vitamin B12: 1.98µg (33.07%), Vitamin B3: 5.13mg (25.67%), Magnesium: 100.66mg (25.17%), Potassium: 875.44mg (25.01%), Fiber: 6.13g (24.54%), Vitamin B6: 0.49mg (24.52%), Vitamin C: 19.61mg (23.77%), Folate: 88.39µg (22.1%), Vitamin B2: 0.31mg (18.35%), Copper: 0.37mg (18.26%), Calcium: 161.32mg (16.13%), Vitamin E: 1.64mg (10.94%), Vitamin B1: 0.13mg (8.61%), Vitamin B5: 0.22mg (2.22%), Vitamin D: 0.2µg (1.32%)