



WHATSheATE



Chunky Bean Soup with Ham and Kale



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bouquet garni: thyme dried black
- ☐ 5 large carrots sliced into 1/2-inch rounds
- ☐ 1 rib celery halved
- ☐ 3 large garlic cloves smashed
- ☐ 1.5 pounds meaty ham hock
- ☐ 4 cups kale leaves coarsely chopped
- ☐ 6 cups chicken stock see low-sodium
- ☐ 1.3 cups jacob's cattle beans drained

- ☐ 2 small onions coarsely chopped
- ☐ 6 servings salt and pepper freshly ground
- ☐ 2.5 quarts water

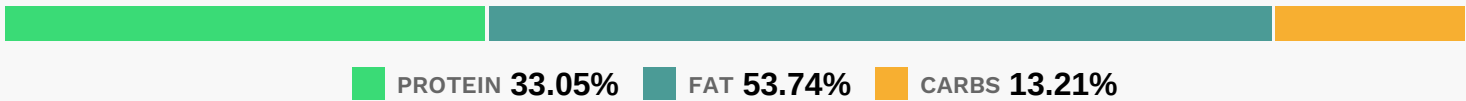
Equipment

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Put the beans in a large soup pot.
- ☐ Add the ham hock, whole carrot, garlic, celery, whole onion, bouquet garni and water and bring to a boil. Cover partially and cook over moderate heat until the beans are just barely tender, about 1 1/2 hours.
- ☐ Using a slotted spoon, discard the carrot, celery and onion.
- ☐ Add the sliced carrots, chopped onion and stock; season with salt and pepper. Cover partially and simmer until the beans are tender, about 45 minutes.
- ☐ Remove the hock and let cool slightly, then shred the meat and return to the soup.
- ☐ Add the kale and cook until tender, 10 minutes. Discard the bouquet garni, season with salt and pepper; serve.

Nutrition Facts



Properties

Glycemic Index:31.97, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:17.287391279055%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 4.47mg, Isorhamnetin: 4.47mg, Isorhamnetin: 4.47mg, Isorhamnetin: 4.47mg Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 469kcal (23.45%), Fat: 27.99g (43.06%), Saturated Fat: 10.12g (63.26%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 12g (4.36%), Sugar: 4.27g (4.75%), Cholesterol: 123.6mg (41.2%), Sodium: 620.99mg (27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.73g (77.46%), Vitamin A: 11429.88IU (228.6%), Vitamin K: 65.55µg (62.42%), Vitamin C: 29.25mg (35.45%), Potassium: 1004.78mg (28.71%), Vitamin B3: 4.03mg (20.17%), Iron: 3.56mg (19.79%), Folate: 74.36µg (18.59%), Fiber: 3.49g (13.94%), Copper: 0.27mg (13.38%), Calcium: 132.91mg (13.29%), Phosphorus: 127.67mg (12.77%), Manganese: 0.25mg (12.35%), Vitamin B2: 0.16mg (9.58%), Vitamin B6: 0.17mg (8.73%), Magnesium: 34.53mg (8.63%), Zinc: 0.74mg (4.93%), Vitamin B1: 0.07mg (4.67%), Vitamin B12: 0.24µg (3.93%), Vitamin E: 0.51mg (3.38%), Vitamin B5: 0.21mg (2.15%)