



 **51%**
HEALTH SCORE

Chunky Vegetable Soup with Toasted Cheese Croutons

 Vegetarian

READY IN

45 min.

SERVINGS

4

CALORIES

253 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 ounce asiago cheese grated
- 0.3 teaspoon pepper black
- 4 inch bread baguette french toasted
- 15 ounce navy beans rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 1 cup bagged carrot chopped
- 1 cup bell pepper green chopped

- 1 teaspoon herbs de provence dried
- 1 cup pre mushrooms
- 2 teaspoons olive oil
- 1 cup bagged onion chopped
- 14 ounce vegetable broth canned

Equipment

- bowl
- baking sheet
- broiler
- dutch oven

Directions

- Preheat broiler.
- Heat olive oil in a Dutch oven over medium-high heat.
- Add chopped onion, mushrooms, carrot, and bell pepper; cover and cook for 3 minutes. Stir in herbes de Provence, 1/4 teaspoon black pepper, broth, and tomatoes. Bring to a boil; cover, reduce heat, and simmer 5 minutes. Stir in navy beans; cover and simmer 5 minutes.
- While soup cooks, arrange the bread slices on a baking sheet.
- Sprinkle evenly with cheese. Broil 2 minutes or until cheese melts. Spoon 1 3/4 cups soup into each of 4 bowls, and top each serving with 2 bread slices.

Nutrition Facts



Properties

Glycemic Index:84.58, Glycemic Load:5.89, Inflammation Score:-10, Nutrition Score:24.648695559605%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol:

0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

Nutrients (% of daily need)

Calories: 253.2kcal (12.66%), Fat: 4.92g (7.57%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 41.6g (13.87%), Net Carbohydrates: 31.6g (11.49%), Sugar: 10.42g (11.58%), Cholesterol: 4.82mg (1.61%), Sodium: 1163.85mg (50.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.67%), Vitamin A: 5982.38IU (119.65%), Vitamin C: 45.62mg (55.3%), Fiber: 10g (40.01%), Manganese: 0.79mg (39.56%), Phosphorus: 278.79mg (27.88%), Copper: 0.55mg (27.5%), Potassium: 922.8mg (26.37%), Folate: 105.08µg (26.27%), Vitamin B6: 0.48mg (23.76%), Iron: 4.22mg (23.44%), Magnesium: 88.94mg (22.23%), Vitamin B1: 0.33mg (21.96%), Vitamin K: 21.5µg (20.48%), Calcium: 199.65mg (19.96%), Vitamin E: 2.8mg (18.68%), Vitamin B2: 0.28mg (16.69%), Vitamin B3: 3.34mg (16.68%), Selenium: 11.59µg (16.55%), Zinc: 1.65mg (11.02%), Vitamin B5: 1.04mg (10.44%), Vitamin B12: 0.09µg (1.58%)