



HEALTH SCORE

100%

Collard Greens and White Bean Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**231 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce cannellini beans white drained canned (I used Great Northern beans)
- 2 carrots sliced
- 2 ribs celery chopped
- 0.1 teaspoon chipotle chili powder
- 1 pounds collard greens chopped (can substitute kale, chard, or other greens)
- 1 large onion chopped
- 0.5 teaspoon oregano
- 0.3 teaspoon pepper red

- 6 servings ground pepper red freshly ground to taste
- 0.5 teaspoon thyme leaves
- 2 cups vegetable stock
- 4 cups vegetable stock fat-free

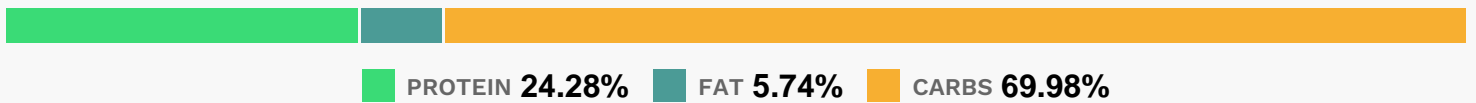
Equipment

- pressure cooker

Directions

- Heat a little water (about 2 tbsp.) in a pressure cooker and add onion. Cook until onion is tender, about five minutes.
- Put the next 5 ingredients into pressure cooker and seal. Bring to high pressure and cook for 5 minutes.
- Remove from heat and release pressure manually. (If cooking without a pressure cooker, cook covered in a large pot until collards are tender, about 30 minutes.)
- Add the beans, 2 cups of water or broth, and the remaining seasonings. Simmer for at least 20 minutes to allow flavors to combine. While cooking, add additional water or broth if the soup seems too dry.
- Serve topped with vegan parmesan.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:2.77, Inflammation Score:-10, Nutrition Score:30.09347820282%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 230.73kcal (11.54%), Fat: 1.57g (2.41%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 43.03g (14.34%), Net Carbohydrates: 28.19g (10.25%), Sugar: 4.77g (5.3%), Cholesterol: 0mg (0%), Sodium: 984.09mg (42.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.93g (29.86%), Vitamin K: 339.83µg (323.65%), Vitamin A: 8633.54IU (172.67%), Manganese: 1.36mg (68%), Folate: 258.14µg (64.54%), Fiber: 14.84g (59.34%), Vitamin C: 33.79mg (40.96%), Calcium: 296.28mg (29.63%), Phosphorus: 277.01mg (27.7%), Potassium: 897.32mg (25.64%), Magnesium: 101.64mg (25.41%), Iron: 3.78mg (21.02%), Copper: 0.42mg (20.96%), Vitamin B6: 0.41mg (20.62%), Vitamin B1: 0.3mg (19.98%), Vitamin E: 2.56mg (17.06%), Vitamin B2: 0.23mg (13.49%), Zinc: 1.58mg (10.51%), Selenium: 7.2µg (10.29%), Vitamin B3: 2mg (9.99%), Vitamin B5: 0.7mg (7.01%)