



## Creamy aubergine and cannellini soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 240 g .5 can cannellini beans cooked canned (a can of beans)
- 2 eggplant
- 1 Tbs olive oil
- 2 cloves garlic chopped
- 1 small chilies dried red crushed chopped
- 1 Tbs basil fresh
- 1 Tbs basil fresh
- 1 Tbs parsley fresh chopped

- 500 ml vegetable stock
- 4 servings pepper black freshly ground
- 50 g parmesan grated

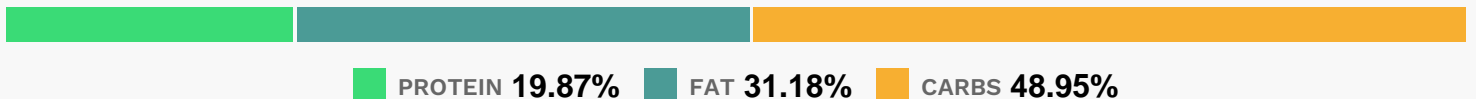
## Equipment

- frying pan
- oven

## Directions

- Prick the eggplant and bake it on a tray at your oven's highest temperature for 40 minutes.
- In a deep pan fry the olive oil, garlic, chilli, basil and parsley until garlic is soft but not coloured.
- Cut the eggplant and scrape the insides into the pan.
- Add the cooked beans and stock.
- Bring to boil, simmer for 20 minutes.
- Puree half, then mix through the rest. Season with pepper.
- Sprinkle abundantly with grated Parmesan cheese and serve.

## Nutrition Facts



## Properties

Glycemic Index:84, Glycemic Load:2.99, Inflammation Score:-7, Nutrition Score:12.682173913043%

## Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 190.56kcal (9.53%), Fat: 7.19g (11.06%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 15.47g (5.62%), Sugar: 9.32g (10.36%), Cholesterol: 8.5mg (2.83%), Sodium: 831.59mg (36.16%),

Protein: 10.31g (20.61%), Fiber: 9.92g (39.67%), Vitamin K: 39.31µg (37.44%), Manganese: 0.61mg (30.52%), Calcium: 214.75mg (21.47%), Potassium: 560.18mg (16.01%), Phosphorus: 146.68mg (14.67%), Vitamin A: 694.74IU (13.89%), Folate: 54.97µg (13.74%), Iron: 2.15mg (11.92%), Vitamin B6: 0.23mg (11.47%), Copper: 0.21mg (10.46%), Magnesium: 40.71mg (10.18%), Vitamin C: 7.38mg (8.94%), Vitamin E: 1.26mg (8.38%), Vitamin B3: 1.58mg (7.92%), Vitamin B2: 0.13mg (7.82%), Vitamin B5: 0.72mg (7.22%), Vitamin B1: 0.1mg (6.62%), Selenium: 3.73µg (5.33%), Zinc: 0.77mg (5.1%), Vitamin B12: 0.15µg (2.5%)