



HEALTH SCORE

51%

Creamy Italian White Bean Soup



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce kidney beans white rinsed drained canned
- ☐ 1 stalk celery chopped
- ☐ 14 ounce chicken broth canned
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 1 onion chopped

- ☐ 1 bunch pkt spinach fresh rinsed thinly sliced
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water

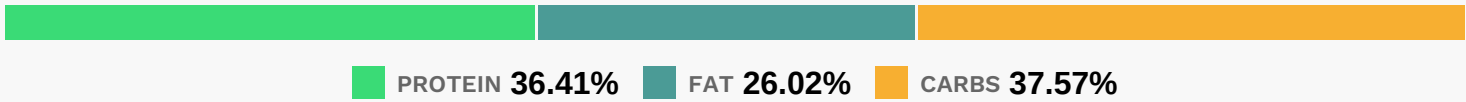
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ In a large saucepan, heat oil. Cook onion and celery in oil for 5 to 8 minutes, or until tender.
- ☐ Add garlic, and cook for 30 seconds, continually stirring. Stir in beans, chicken broth, pepper, thyme and 2 cups water. Bring to a boil, reduce heat, and then simmer for 15 minutes.
- ☐ With slotted spoon, remove 2 cups of the bean and vegetable mixture from soup and set aside.
- ☐ In blender at low speed, blend remaining soup in small batches until smooth, (it helps to remove the center piece of the blender lid to allow steam to escape.) Once blended pour soup back into stock pot and stir in reserved beans.
- ☐ Bring to a boil, occasionally stirring. Stir in spinach and cook 1 minute or until spinach is wilted. Stir in lemon juice and remove from heat and serve with fresh grated Parmesan cheese on top.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:12.32, Inflammation Score:-10, Nutrition Score:35.916956577612%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.63mg, Kaempferol: 5.63mg, Kaempferol: 5.63mg, Kaempferol: 5.63mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

Nutrients (% of daily need)

Calories: 431.62kcal (21.58%), Fat: 12.65g (19.46%), Saturated Fat: 2.99g (18.69%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 26.5g (9.64%), Sugar: 5.96g (6.62%), Cholesterol: 49.61mg (16.54%), Sodium: 1141.23mg (49.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.82g (79.64%), Vitamin K: 432.18µg (411.6%), Vitamin A: 8193.69IU (163.87%), Manganese: 1.5mg (74.98%), Folate: 235.56µg (58.89%), Fiber: 14.59g (58.35%), Phosphorus: 445.95mg (44.59%), Magnesium: 159.77mg (39.94%), Potassium: 1290.72mg (36.88%), Iron: 6.57mg (36.52%), Vitamin C: 29.75mg (36.05%), Selenium: 21.9µg (31.28%), Zinc: 4.42mg (29.49%), Vitamin B6: 0.59mg (29.38%), Copper: 0.53mg (26.57%), Vitamin B2: 0.43mg (25.1%), Vitamin B1: 0.32mg (21.61%), Vitamin B3: 4.19mg (20.96%), Calcium: 180.41mg (18.04%), Vitamin B12: 0.99µg (16.54%), Vitamin E: 2.41mg (16.06%), Vitamin B5: 0.42mg (4.2%)