



Creamy String Bean Soup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons flour all-purpose
- 1 clove garlic
- 15 ounce cut green beans canned
- 4 potatoes diced
- 6 servings salt and pepper to taste
- 1 cup cup heavy whipping cream sour
- 0.3 cup water
- 2 tablespoons distilled vinegar white

1 onion yellow chopped

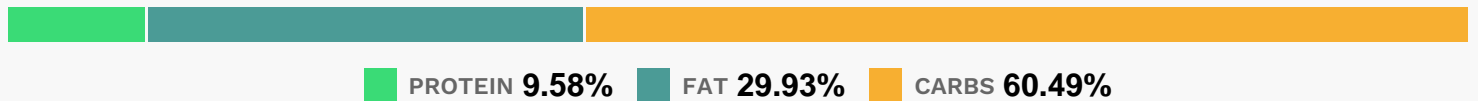
Equipment

toothpicks

Directions

- Cook potatoes in salted water. When half done, add beans, vinegar, pepper and garlic (spear on toothpick for easy finding).
- Add onion. Simmer until potatoes are done.
- Remove garlic glove.
- Combine the flour and 1/4 cup water and make a smooth paste. Thicken soup with the flour paste.
- Remove from heat. Slowly stir in sour cream. Do not cook any further. Stir in cooked and diced Mettwurst or other German sausage just before serving.

Nutrition Facts



Properties

Glycemic Index:51.96, Glycemic Load:21.36, Inflammation Score:-7, Nutrition Score:13.960434742596%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

Nutrients (% of daily need)

Calories: 225.35kcal (11.27%), Fat: 7.77g (11.95%), Saturated Fat: 3.96g (24.73%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 29.88g (10.87%), Sugar: 5.52g (6.13%), Cholesterol: 22.62mg (7.54%), Sodium: 219.91mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Vitamin C: 38.48mg (46.64%), Vitamin K: 33.84µg (32.23%), Vitamin B6: 0.56mg (28.19%), Potassium: 826.87mg (23.62%), Fiber: 5.43g (21.71%), Manganese: 0.43mg (21.35%), Vitamin A: 731.1IU (14.62%), Phosphorus: 146mg (14.6%), Magnesium: 56.88mg (14.22%), Folate: 56.48µg (14.12%), Vitamin B1: 0.21mg (13.9%), Vitamin B2: 0.2mg (11.85%), Iron: 2.03mg (11.28%), Copper: 0.22mg (11.17%), Vitamin B3: 2.22mg (11.12%), Calcium: 88.21mg (8.82%), Vitamin B5: 0.75mg (7.45%), Zinc: 0.76mg (5.1%), Selenium:

3.31µg (4.72%), Vitamin E: 0.46mg (3.04%), Vitamin B12: 0.08µg (1.34%)