


HEALTH SCORE **69%**

Creamy Truffle-Scented White Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 38 ounce cannellini beans beans white rinsed drained canned
- 1.5 teaspoons rosemary fresh chopped
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil
- 1 cup onion chopped
- 1 tablespoon bottled roasted garlic minced
- 1 teaspoon truffle oil

2 cups vegetable broth organic (such as Swanson Certified)

Equipment

- bowl
- sauce pan
- blender

Directions

- Heat olive oil in a large saucepan over medium-high heat.
- Add onion; saut 2 minutes. Stir in garlic and pepper; saut 2 minutes or until onion is tender.
- Add rosemary; saut 30 seconds. Stir in broth and beans. Bring to a boil; cover, reduce heat, and simmer 15 minutes.
- Remove from heat; stir in lemon juice.
- Let stand 5 minutes.
- Pour half of mixture into a blender; process until smooth.
- Pour pureed bean mixture into a large bowl. Repeat procedure with remaining bean mixture. Spoon 1 cup soup into each of 4 bowls, and drizzle each serving with 1/4 teaspoon truffle oil.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:15.4, Inflammation Score:-8, Nutrition Score:21.306956524434%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 373.67kcal (18.68%), Fat: 5.36g (8.24%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 63.6g (21.2%), Net Carbohydrates: 49.89g (18.14%), Sugar: 3.69g (4.1%), Cholesterol: 0mg (0%), Sodium: 485.61mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.16g (40.32%), Manganese: 1.49mg (74.46%), Fiber: 13.71g (54.84%), Folate: 184.28µg (46.07%), Iron: 8.22mg (45.65%), Potassium: 1298.82mg (37.11%), Magnesium: 142.55mg (35.64%), Copper: 0.65mg (32.47%), Phosphorus: 260.56mg (26.06%), Calcium: 210.59mg (21.06%), Zinc: 3.11mg (20.75%), Vitamin B1: 0.28mg (18.86%), Vitamin E: 2.8mg (18.65%), Vitamin B6: 0.28mg (13.94%), Vitamin K: 10.92µg (10.4%), Vitamin C: 6.49mg (7.87%), Selenium: 4.81µg (6.87%), Vitamin B2: 0.11mg (6.71%), Vitamin B5: 0.57mg (5.71%), Vitamin A: 253.49IU (5.07%), Vitamin B3: 0.37mg (1.87%)