



Creamy Tuscan Bean and Chicken Soup

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces baby spinach leaves fresh
- 0.3 cup bacon bits
- 14.5 ounce canned tomatoes diced undrained canned
- 15 ounce kidney beans white rinsed drained canned (cannellini)
- 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned (Regular or)
- 2 cups meat from a rotisserie chicken cubed cooked
- 4 servings olive oil
- 4 servings parmesan cheese grated

2 cups water

Equipment

sauce pan

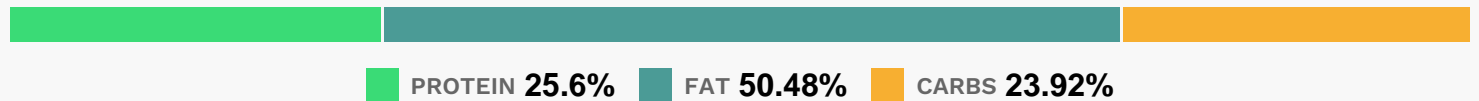
Directions

Heat the soup, water, beans, tomatoes, chicken and bacon in a 3-quart saucepan over medium-high heat to a boil.

Stir in the spinach. Cook for 5 minutes or until the spinach is wilted.

Serve the soup with a drizzle of oil and sprinkle with the cheese.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:7.47, Inflammation Score:-9, Nutrition Score:32.921739329462%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 616.09kcal (30.8%), Fat: 35.02g (53.88%), Saturated Fat: 9.43g (58.97%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 27.31g (9.93%), Sugar: 7.63g (8.47%), Cholesterol: 86.98mg (28.99%), Sodium: 1663.16mg (72.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.97g (79.93%), Vitamin K: 134.54µg (128.14%), Vitamin A: 2717.75IU (54.36%), Phosphorus: 535.54mg (53.55%), Selenium: 32.18µg (45.98%), Manganese: 0.88mg (43.9%), Calcium: 403.42mg (40.34%), Fiber: 10.02g (40.08%), Vitamin E: 5.99mg (39.91%), Vitamin B3: 7.91mg (39.57%), Vitamin B6: 0.61mg (30.57%), Copper: 0.61mg (30.43%), Potassium: 1007.9mg (28.8%), Magnesium: 113.48mg (28.37%), Folate: 107.85µg (26.96%), Iron: 4.79mg (26.6%), Zinc: 3.79mg (25.28%), Vitamin B1: 0.36mg (24.27%), Vitamin B2: 0.41mg (24.2%), Vitamin C: 16.71mg (20.26%), Vitamin B5: 1.92mg (19.17%), Vitamin B12: 0.82µg (13.6%)