

 100%
HEALTH SCORE

Dad's Escarole and Bean Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 45 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 16 ounce canned tomatoes diced canned
- ☐ 6 cubes chicken bouillon
- ☐ 1 pound torn escarole
- ☐ 6 cloves garlic minced
- ☐ 3 tablespoons olive oil
- ☐ 1 onion diced
- ☐ 6 servings salt and pepper to taste

☐ 6 cups water

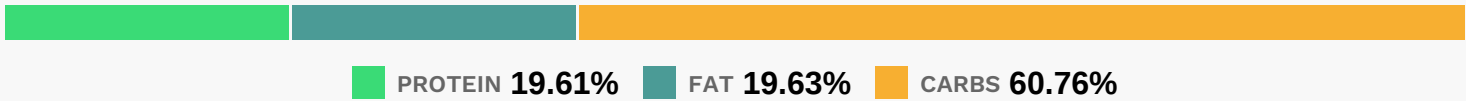
Equipment

☐ pot

Directions

- ☐ Heat the olive oil in a large pot over medium heat. Stir in the onion and cook until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add the water, chicken bouillon, cannellini beans, and diced tomatoes. Season to taste with salt and pepper. Bring to a boil over high heat; reduce heat to medium-low and simmer 30 minutes.
- ☐ Stir in the torn escarole, and continue simmering until the escarole is tender, about 30 minutes.
- ☐ Add the garlic and cook 5 to 10 minutes more before serving.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:13.1, Inflammation Score:-9, Nutrition Score:30.047391124394%

Flavonoids

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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 7.76mg, Kaempferol: 7.76mg, Kaempferol: 7.76mg, Kaempferol: 7.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 353.16kcal (17.66%), Fat: 8.02g (12.33%), Saturated Fat: 1.21g (7.53%), Carbohydrates: 55.83g (18.61%), Net Carbohydrates: 41.47g (15.08%), Sugar: 4.94g (5.49%), Cholesterol: 0mg (0%), Sodium: 338.07mg (14.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.03%), Vitamin K: 189.14µg (180.14%), Manganese: 1.63mg (81.26%), Folate: 258.97µg (64.74%), Fiber: 14.36g (57.44%), Iron: 8.1mg (44.99%), Potassium: 1463.15mg (41.8%), Copper: 0.76mg (38.03%), Vitamin A: 1801.4IU (36.03%), Magnesium: 139.87mg (34.97%), Vitamin E: 3.97mg (26.48%), Phosphorus: 248.78mg (24.88%), Calcium: 237.22mg (23.72%), Vitamin B1: 0.34mg (22.38%), Zinc:

3.27mg (21.82%), Vitamin B6: 0.35mg (17.36%), Vitamin C: 14.16mg (17.17%), Vitamin B5: 1.32mg (13.24%), Vitamin B2: 0.18mg (10.76%), Vitamin B3: 1.51mg (7.55%), Selenium: 4.53µg (6.47%)