



Easy Italian White Bean Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz cannellini beans rinsed drained canned
- ☐ 2 teaspoons vegetable oil
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery stalks thinly sliced
- ☐ 0.3 cup onion chopped
- ☐ 1 garlic clove minced
- ☐ 3 cups chicken broth
- ☐ 1 teaspoon basil dried

☐ 0.1 teaspoon pepper

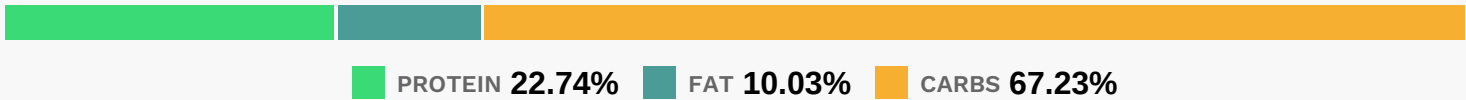
Equipment

☐ sauce pan

Directions

- ☐ Mash 1/2 cup of the drained beans; set aside.
- ☐ Heat oil in large saucepan over medium-high heat until hot.
- ☐ Add carrots, celery, onion and garlic; cook 3 to 4 minutes or until vegetables are crisp-tender, stirring frequently.
- ☐ Add all remaining ingredients including mashed and whole beans. Bring to a boil. Reduce heat; simmer 10 to 12 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:49.71, Glycemic Load:12.22, Inflammation Score:-10, Nutrition Score:23.777391363745%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 295.37kcal (14.77%), Fat: 3.38g (5.2%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 51.01g (17%), Net Carbohydrates: 39.21g (14.26%), Sugar: 3.67g (4.07%), Cholesterol: 3.53mg (1.17%), Sodium: 707.53mg (30.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.26g (34.52%), Vitamin A: 5465.29IU (109.31%), Manganese: 1.31mg (65.29%), Fiber: 11.8g (47.21%), Folate: 156.08µg (39.02%), Iron: 6.89mg (38.29%), Potassium: 1190.09mg (34%), Magnesium: 119.89mg (29.97%), Copper: 0.56mg (27.76%), Vitamin K: 26.37µg (25.11%), Phosphorus: 222.63mg (22.26%), Calcium: 192.46mg (19.25%), Vitamin B1: 0.27mg (18.26%), Zinc: 2.66mg (17.72%), Vitamin E: 2.24mg (14.96%), Vitamin B2: 0.22mg (13.07%), Vitamin B6: 0.25mg (12.36%), Selenium: 4.41µg (6.3%), Vitamin B5: 0.58mg (5.78%), Vitamin B3: 1.05mg (5.26%), Vitamin C: 3.65mg (4.42%)