Escarole and Bean Soup

Very Healthy

READY IN	SERVINGS	CALORIES
22 min.	6	218 kcal

SOUP ANTIPASTI STARTER SNACK

Ingredients

- [ ] 6 servings pepper black freshly ground
- [ ] 15 ounce .5 can cannellini beans drained and rinsed canned
- [ ] 6 servings serving suggestion: crusty bread
- [ ] 1 pound endive chopped
- [ ] 2 garlic cloves chopped
- [ ] 4 cups low-salt chicken broth
- [ ] 2 tablespoons olive oil
- [ ] 6 teaspoons olive oil extra-virgin

- [ ] 1 ounce parmesan
- [ ] 6 servings salt

Equipment

- [ ] bowl
- [ ] ladle
- [ ] pot

Directions

- [ ] Watch how to make this recipe.
- [ ] Heat 2 tablespoons of olive oil in a heavy large pot over medium heat.
- [ ] Add the garlic and saute until fragrant, about 15 seconds.
- [ ] Add the escarole and saute until wilted, about 2 minutes.
- [ ] Add a pinch of salt.
- [ ] Add the chicken broth, beans, and Parmesan cheese. Cover and simmer until the beans are heated through, about 5 minutes. Season with salt and pepper, to taste.
- [ ] Ladle the soup into 6 bowls.
- [ ] Drizzle 1 teaspoon extra-virgin olive oil over each.
- [ ] Serve with crusty bread.

Nutrition Facts

PROTEIN **19.53%** FAT **44.4%** CARBS **36.07%**

Properties

Glycemic Index:40.92, Glycemic Load:4.23, Inflammation Score:-8, Nutrition Score:18.082608706277%

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 Kaempferol: 7.64mg, Kaempferol: 7.64mg, Kaempferol: 7.64mg, Kaempferol: 7.64mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 218.42kcal (10.92%), Fat: 11.22g (17.26%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 14.7g (5.34%), Sugar: 0.69g (0.77%), Cholesterol: 3.21mg (1.07%), Sodium: 343.24mg (14.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.22%), Vitamin K: 182.17µg (173.5%), Folate: 155.03µg (38.76%), Manganese: 0.72mg (35.93%), Vitamin A: 1675.76IU (33.52%), Fiber: 5.81g (23.26%), Potassium: 705.44mg (20.16%), Iron: 3.23mg (17.95%), Phosphorus: 168.39mg (16.84%), Copper: 0.33mg (16.35%), Calcium: 156.27mg (15.63%), Vitamin E: 2.15mg (14.37%), Vitamin B3: 2.61mg (13.04%), Magnesium: 51.88mg (12.97%), Zinc: 1.7mg (11.35%), Vitamin B1: 0.14mg (9.3%), Vitamin B2: 0.15mg (8.9%), Vitamin B5: 0.84mg (8.44%), Vitamin C: 5.23mg (6.33%), Vitamin B6: 0.1mg (5.1%), Selenium: 2.78µg (3.97%), Vitamin B12: 0.21µg (3.57%)