



Gluten-Free Beefy Bean Soup

 **Gluten Free**  **Dairy Free**

READY IN



110 min.

SERVINGS



8

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 0.8 pound stew meat cut into 1-inch pieces
- 0.5 cup onion chopped
- 3 cups beef broth (from 32-ounce carton)
- 1 cup wine dry white
- 2 tablespoons thyme sprigs dried fresh chopped
- 0.3 teaspoon pepper
- 1 bay leaves

- 15 ounces great northern beans rinsed drained canned
- 4 medium carrots cut into 1-inch pieces
- 2 medium celery stalks cut into 1-inch pieces
- 1 serving parsley fresh chopped
- 1 serving bacon crumbled cooked

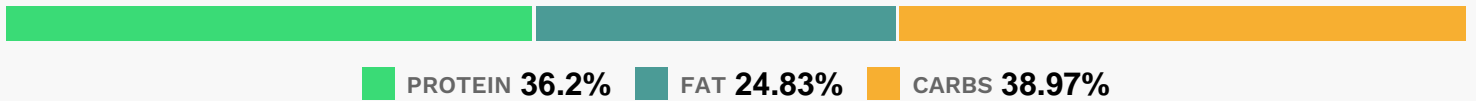
Equipment

- dutch oven

Directions

- Heat oil in Dutch oven over medium-high heat. Cook beef and onion in oil about 15 minutes, stirring frequently, until beef is brown.
- Stir in broth, wine, thyme, pepper and bay leaf.
- Heat to boiling; reduce heat. Cover and simmer about 45 minutes, stirring occasionally, until beef is almost tender.
- Stir in beans, carrots and celery. Cover and simmer about 30 minutes, stirring occasionally, until vegetables are tender.
- Remove bay leaf.
- Sprinkle with parsley and bacon.

Nutrition Facts



Properties

Glycemic Index:28.73, Glycemic Load:1.39, Inflammation Score:-10, Nutrition Score:16.078260785374%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.5mg

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 188.94kcal (9.45%), Fat: 4.64g (7.14%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 12.47g (4.54%), Sugar: 2.18g (2.42%), Cholesterol: 27.23mg (9.08%), Sodium: 399.64mg (17.38%), Alcohol: 3.09g (100%), Alcohol %: 1.49% (100%), Protein: 15.23g (30.46%), Vitamin A: 5226.72IU (104.53%), Selenium: 15.15µg (21.64%), Vitamin B3: 4.3mg (21.49%), Vitamin B6: 0.42mg (21.22%), Phosphorus: 200.29mg (20.03%), Manganese: 0.36mg (18.23%), Fiber: 3.93g (15.7%), Vitamin K: 16.42µg (15.64%), Zinc: 2.31mg (15.38%), Potassium: 534.97mg (15.28%), Folate: 60.32µg (15.08%), Vitamin B12: 0.86µg (14.32%), Iron: 2.42mg (13.42%), Magnesium: 50.33mg (12.58%), Vitamin B1: 0.15mg (10%), Vitamin B2: 0.16mg (9.13%), Vitamin C: 6.73mg (8.16%), Copper: 0.16mg (7.91%), Calcium: 65.37mg (6.54%), Vitamin B5: 0.48mg (4.83%), Vitamin E: 0.48mg (3.2%)