



Grandma B's Bean Soup

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

READY IN



975 min.

SERVINGS



8

CALORIES



179 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 carrots shredded peeled
- 3 stalks celery sliced
- 2 cups ham cubed cooked
- 1 pound navy beans dry
- 1 medium onion diced
- 2 medium potatoes diced peeled

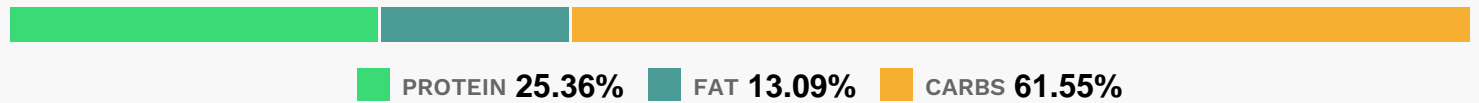
Equipment

- slow cooker

Directions

- Place the beans in a slow cooker with enough water to cover, and soak 6 to 8 hours, or overnight.
- Drain the beans, and return to the slow cooker. Cover with water, and mix in the carrots, potatoes, celery, onion, and ham.
- Cover slow cooker, and cook soup on High for 3 1/2 hours. Switch to Low, and continue cooking at least 6 1/2 hours. The longer it cooks the more flavorful it becomes.

Nutrition Facts



Properties

Glycemic Index:28.62, Glycemic Load:11.36, Inflammation Score:-10, Nutrition Score:16.168260911237%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 179.45kcal (8.97%), Fat: 2.65g (4.07%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 19.75g (7.18%), Sugar: 2.49g (2.77%), Cholesterol: 20.62mg (6.87%), Sodium: 357.82mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.06%), Vitamin A: 3890.19IU (77.8%), Fiber: 8.24g (32.96%), Folate: 101.1µg (25.28%), Vitamin C: 20.41mg (24.75%), Vitamin B1: 0.35mg (23.42%), Manganese: 0.46mg (22.97%), Phosphorus: 210.08mg (21.01%), Potassium: 656.4mg (18.75%), Vitamin B6: 0.37mg (18.34%), Magnesium: 54mg (13.5%), Iron: 2.12mg (11.78%), Copper: 0.23mg (11.48%), Vitamin B3: 2.22mg (11.11%), Selenium: 7.55µg (10.78%), Zinc: 1.47mg (9.77%), Vitamin B2: 0.15mg (8.66%), Vitamin K: 8.82µg (8.4%), Vitamin B5: 0.67mg (6.71%), Vitamin B12: 0.4µg (6.64%), Calcium: 63.92mg (6.39%), Vitamin E: 0.21mg (1.37%)