

 **58%**
HEALTH SCORE

Great Northern Bean Soup

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 30 ounce cannellini beans rinsed drained canned
- 2 carrots chopped
- 1 stalk celery chopped
- 1 tablespoon basil dried
- 5 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 1 pinch ground thyme

- 1 tablespoon olive oil
- 1 large onion chopped
- 1 large potatoes chopped
- 1 teaspoon sea salt
- 4 cups vegetable broth

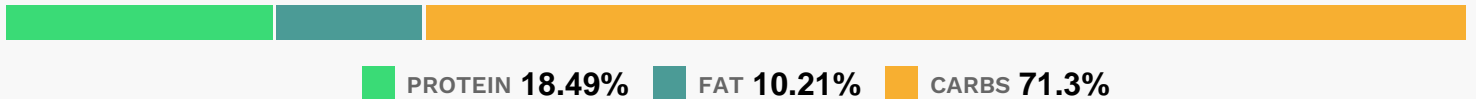
Equipment

- pot

Directions

- Heat olive oil in a stockpot over medium heat. Cook and stir onion and garlic in hot oil until the onion is tender, about 5 minutes.
- Stir carrots and celery into the onion mixture.
- Pour vegetable broth into the stockpot; add potato, bay leaves, basil, sea salt, pepper, and thyme. Bring the mixture to a boil, reduce heat to medium-low, and cook at a simmer until the vegetables are beginning to soften, about 20 minutes.
- Stir beans into the soup; continue simmering until the beans are hot and tender, about 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:74.15, Glycemic Load:15.32, Inflammation Score:-10, Nutrition Score:28.316521872645%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 393.86kcal (19.69%), Fat: 4.62g (7.1%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 72.49g (24.16%), Net Carbohydrates: 57.84g (21.03%), Sugar: 5.94g (6.6%), Cholesterol: 0mg (0%), Sodium: 1567.51mg (68.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.6%), Vitamin A: 5657.51IU (113.15%), Manganese: 1.31mg (65.65%), Fiber: 14.65g (58.6%), Folate: 206.99µg (51.75%), Potassium: 1358.51mg (38.81%), Phosphorus: 374.73mg (37.47%), Magnesium: 146.82mg (36.71%), Vitamin C: 27.05mg (32.79%), Vitamin B6: 0.65mg (32.69%), Iron: 5.34mg (29.68%), Vitamin B1: 0.43mg (28.41%), Vitamin K: 29.44µg (28.04%), Copper: 0.51mg (25.41%), Calcium: 178.5mg (17.85%), Selenium: 9.83µg (14.05%), Zinc: 1.92mg (12.82%), Vitamin B2: 0.21mg (12.21%), Vitamin B3: 2.41mg (12.05%), Vitamin B5: 1.05mg (10.52%), Vitamin E: 0.87mg (5.77%)