



Green Bean Soup

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices bacon
- 3 tablespoons flour all-purpose
- 2 pounds green beans fresh
- 1 sprig parsley fresh
- 1 clove garlic minced
- 1 onion chopped
- 1 pinch salt
- 1 cup cup heavy whipping cream sour
- 3 tablespoons vinegar

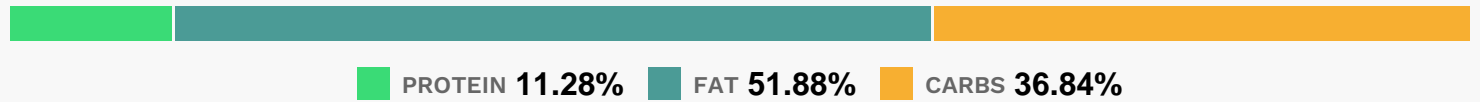
Equipment

pot

Directions

- In a large pot over medium heat, combine green beans, garlic, parsley, salt and water to cover and cook until beans are tender.
- Fry bacon until crisp, set aside.
- Add onion and flour to bacon grease, stirring until smooth and brown.
- Add some water from the beans, stirring slowly and constantly to prevent lumps.
- Cook to thicken a bit, then add it to the bean soup and bring to a boil. Stir crisp bacon, sour cream and vinegar.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:5.47, Inflammation Score:-8, Nutrition Score:13.263043671199%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 176.58kcal (8.83%), Fat: 10.74g (16.52%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 12.65g (4.6%), Sugar: 7.03g (7.81%), Cholesterol: 27.46mg (9.15%), Sodium: 77.11mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Vitamin K: 68.42µg (65.16%), Vitamin A: 1299.24IU (25.98%), Vitamin C: 20.53mg (24.88%), Manganese: 0.39mg (19.69%), Fiber: 4.51g (18.04%), Folate: 62.81µg (15.7%), Vitamin B2: 0.25mg (14.81%), Vitamin B6: 0.28mg (13.92%), Vitamin B1: 0.19mg (12.73%), Potassium: 415.33mg (11.87%), Magnesium: 45.46mg (11.36%), Phosphorus: 107.7mg (10.77%), Iron: 1.85mg (10.27%), Calcium: 101.42mg (10.14%), Vitamin B3: 1.69mg (8.44%), Selenium: 5.27µg (7.53%), Copper: 0.13mg (6.45%), Vitamin B5: 0.55mg (5.52%), Vitamin E: 0.8mg (5.36%), Zinc: 0.64mg (4.28%), Vitamin B12: 0.12µg (1.95%)