



 **63%**
HEALTH SCORE

Greens, Beans, and Bacon Soup

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



39 min.

SERVINGS



3

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 15 ounce .5 can cannellini beans rinsed drained canned
- 14.5 ounce chicken broth canned
- 3 cups kale packed
- 3 slices low sodium shoyu
- 1 cup onion frozen chopped
- 2.3 cups water

Equipment

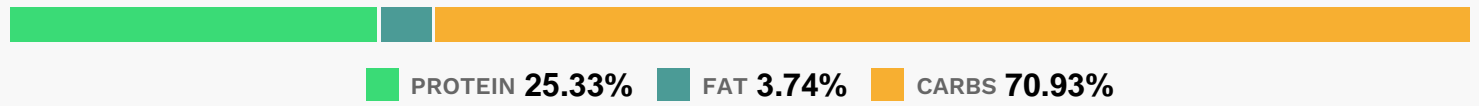
frying pan

sauce pan

Directions

- Cook bacon in a large saucepan over medium-high heat 8 minutes or until crisp. Reserve 2 teaspoons drippings in pan; discard excess drippings.
- Add kale and next 5 ingredients to bacon and drippings in pan. Stir in hot sauce, if desired. Cover and bring to a boil over high heat. Reduce heat, and simmer 25 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:12.480434711861%

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 Isorhamnetin: 7.63mg, Isorhamnetin: 7.63mg, Isorhamnetin: 7.63mg, Isorhamnetin: 7.63mg Kaempferol: 10.17mg, Kaempferol: 10.17mg, Kaempferol: 10.17mg, Kaempferol: 10.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg

Nutrients (% of daily need)

Calories: 139.95kcal (7%), Fat: 0.66g (1.02%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 19.66g (7.15%), Sugar: 3.02g (3.36%), Cholesterol: 2.74mg (0.91%), Sodium: 871.28mg (37.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.19%), Vitamin K: 82.39µg (78.46%), Vitamin A: 2102.62IU (42.05%), Fiber: 8.61g (34.43%), Vitamin C: 23.56mg (28.56%), Iron: 3.64mg (20.2%), Calcium: 162.5mg (16.25%), Manganese: 0.3mg (14.79%), Vitamin B2: 0.17mg (10.05%), Folate: 23.62µg (5.91%), Potassium: 181.35mg (5.18%), Vitamin B1: 0.08mg (5.17%), Vitamin B6: 0.1mg (4.85%), Copper: 0.08mg (4.18%), Magnesium: 16.38mg (4.1%), Phosphorus: 34.42mg (3.44%), Vitamin B3: 0.62mg (3.12%), Zinc: 0.3mg (1.97%), Selenium: 1.02µg (1.45%), Vitamin E: 0.21mg (1.4%), Vitamin B5: 0.1mg (1.03%)