



 **97%**  
HEALTH SCORE

## Ham and Bean Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**75 min.**

SERVINGS



**12**

CALORIES



**340 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb ham steak lean trimmed of fat
- 2 tablespoons olive oil
- 1 cup spring onion chopped
- 2 large carrots chopped
- 2 stalks celery chopped
- 1 tablespoon beef base (from a jar)
- 0.5 teaspoon pepper
- 30 oz navy beans rinsed drained canned

- 30 oz cannellini beans drained canned
- 15 oz blackeyed peas drained canned
- 2 lb yukon gold potatoes cubed peeled
- 6 oz baby spinach fresh

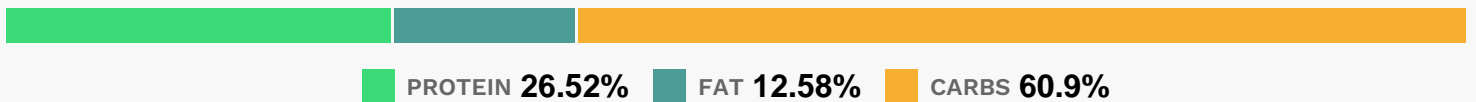
## Equipment

- dutch oven

## Directions

- Coarsely chop ham; reserve bone. In 6-quart Dutch oven, heat oil over medium-high heat. Cook chopped ham in oil 6 to 8 minutes, stirring occasionally, until browned.
- Add white onion, green onions, carrots, celery, soup base and pepper. Cook 5 minutes, stirring frequently, until onion is tender.
- Stir in reserved ham bone, the navy beans, cannellini beans, black-eyed peas and potatoes.
- Add enough water to cover.
- Heat to boiling; reduce heat to low. Cover; cook 45 minutes, stirring occasionally.
- Remove and discard ham bone. Stir in spinach just before serving.

## Nutrition Facts



## Properties

Glycemic Index:27.55, Glycemic Load:15.95, Inflammation Score:-10, Nutrition Score:30.655652253524%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 339.64kcal (16.98%), Fat: 4.84g (7.44%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 52.68g (17.56%), Net Carbohydrates: 40.7g (14.8%), Sugar: 3.14g (3.48%), Cholesterol: 17.03mg (5.68%), Sodium: 932.89mg (40.56%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 22.94g (45.88%), Vitamin K: 96.94µg (92.33%), Vitamin A: 3454.19IU (69.08%), Manganese: 1.11mg (55.27%), Folate: 214.99µg (53.75%), Fiber: 11.98g (47.9%), Vitamin B1: 0.63mg (41.89%), Vitamin C: 34.2mg (41.46%), Phosphorus: 373.02mg (37.3%), Potassium: 1226.16mg (35.03%), Iron: 5.87mg (32.64%), Magnesium: 128.2mg (32.05%), Vitamin B6: 0.58mg (28.99%), Copper: 0.55mg (27.64%), Zinc: 2.93mg (19.51%), Vitamin B3: 3.62mg (18.09%), Selenium: 12.57µg (17.95%), Vitamin B2: 0.23mg (13.52%), Vitamin E: 1.99mg (13.25%), Calcium: 131.44mg (13.14%), Vitamin B5: 0.92mg (9.24%), Vitamin B12: 0.3µg (5.05%)