



## Ham-and-Bean Soup



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



30

CALORIES



88 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 64 ounce chicken broth
- ☐ 3 cups ham cooked chopped
- ☐ 30 servings cornbread croutons
- ☐ 16 ounce cannellini beans dried
- ☐ 2 garlic cloves minced
- ☐ 1 ham bone
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper dried red crushed

☐ 1 large onion    diced sweet

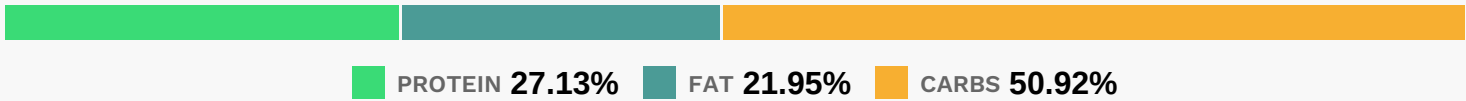
Equipment

☐ dutch oven

Directions

- ☐ Sort and wash beans.
- ☐ Place beans in a 6-quart Dutch oven; add water 2 inches above beans, and soak 8 hours.
- ☐ Drain.
- ☐ Saut ham, onion, and garlic in hot oil in a Dutch oven over medium-high heat 5 minutes or until onion is tender.
- ☐ Add beans, ham bone, chicken broth, and red pepper. Bring to a boil; cover, reduce heat, and simmer, stirring occasionally, 1 1/2 hours or until beans are tender and soup has thickened.
- ☐ Serve with Cornbread Croutons.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:6.2052173757035%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 87.96kcal (4.4%), Fat: 2.17g (3.35%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 8.13g (2.96%), Sugar: 1.16g (1.29%), Cholesterol: 9.46mg (3.15%), Sodium: 365.47mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.09%), Folate: 77.09µg (19.27%), Manganese: 0.27mg (13.28%), Fiber: 3.22g (12.88%), Vitamin B1: 0.18mg (12.17%), Phosphorus: 107.54mg (10.75%), Magnesium: 32.96mg (8.24%), Copper: 0.16mg (7.86%), Potassium: 268.18mg (7.66%), Selenium: 4.9µg (6.99%), Vitamin B2: 0.1mg (6.11%), Iron: 1.05mg (5.83%), Vitamin B6: 0.11mg (5.71%), Vitamin C: 4.03mg (4.88%), Vitamin B3: 0.9mg (4.52%), Zinc: 0.67mg (4.47%), Calcium: 33mg (3.3%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.17µg (2.86%), Vitamin K:

1.54µg (1.47%), Vitamin E: 0.21mg (1.38%)