



WHATSheATE



Ham and Bean Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



98 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14 ounce canned tomatoes crushed undrained canned
- ☐ 1 cup carrots chopped (2)
- ☐ 1 cup celery chopped (3 ribs)
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup onion chopped (1 medium)
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 4 ounces ham hock smoked
- ☐ 12 ounce variety seven-bean mix dried
- ☐ 12 ounce variety seven-bean mix dried

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain beans.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and garlic to pan; saut 3 minutes.
- ☐ Add beans, broth, and remaining ingredients except juice; bring to a boil. Cover, reduce heat, and simmer 2 1/2 hours.
- ☐ Remove ham hock from pan; cool slightly.
- ☐ Remove ham from bones; finely chop and return meat to pan. Discard bones, skin, and fat. Discard bay leaf. Stir in juice.

Nutrition Facts



Properties

Glycemic Index:49.98, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:14.231739282608%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 97.58kcal (4.88%), Fat: 3.83g (5.9%), Saturated Fat: 1.29g (8.03%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 7.74g (2.82%), Sugar: 5.46g (6.07%), Cholesterol: 15.45mg (5.15%), Sodium: 807.94mg (35.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Vitamin A: 3726.97IU (74.54%), Vitamin C: 51.28mg (62.15%), Vitamin K: 47.75µg (45.47%), Manganese: 0.3mg (15%), Vitamin B6: 0.27mg (13.45%), Potassium: 449.83mg (12.85%), Fiber: 3.16g (12.65%), Iron: 1.85mg (10.26%), Vitamin B3: 1.82mg (9.09%), Folate: 34.92µg (8.73%), Vitamin E: 1.26mg (8.43%), Copper: 0.17mg (8.32%), Magnesium: 25.44mg (6.36%), Vitamin B1: 0.09mg (6.29%), Calcium: 62.28mg (6.23%), Vitamin B2: 0.1mg (6.12%), Phosphorus: 56.66mg (5.67%), Vitamin B5: 0.48mg (4.8%), Selenium: 3.18µg (4.54%), Vitamin B12: 0.23µg (3.78%), Zinc: 0.39mg (2.6%)