



HEALTH SCORE

58%

Ham and Bean Soup



Gluten Free



Dairy Free



Popular

READY IN



480 min.

SERVINGS



4

CALORIES



689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots diced
- ☐ 2 stalks celery diced
- ☐ 6 cups chicken stock see
- ☐ 2 cups ham diced cooked (omit if you are using ham hocks)
- ☐ 2 cloves garlic chopped
- ☐ 1 ham bone (or 2 ham hocks)
- ☐ 1 pound beans such as navy dried white picked over
- ☐ 1 tablespoon oil

- ☐ 1 onion diced
- ☐ 4 servings salt to taste
- ☐ 1 teaspoon thyme leaves chopped

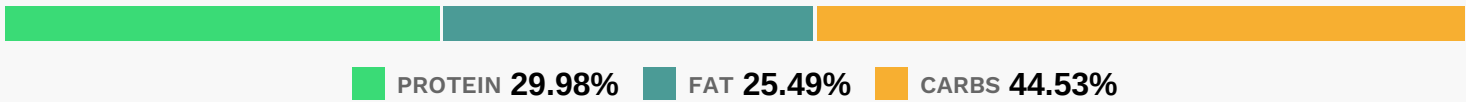
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat the oil in a pan over medium-high heat, add the onion, carrots and celery and cook until tender, about 7-10 minutes.
- ☐ Add the garlic and thyme and cook until fragrant, about a minute.
- ☐ Add the broth, white beans and ham bone, bring to a boil, reduce the heat and let simmer, covered, until the beans are tender, about 1-2 hours.
- ☐ Remove the bone or ham hocks and if you are using the ham hocks, strip the meat from them and dice or shred it.Optionally puree some or all of the soup with a blender, add the ham and season with salt, pepper and cayenne to taste.

Nutrition Facts



Properties

Glycemic Index:53.21, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:45.897825780122%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 688.7kcal (34.43%), Fat: 19.78g (30.43%), Saturated Fat: 5.22g (32.65%), Carbohydrates: 77.73g (25.91%), Net Carbohydrates: 58.21g (21.17%), Sugar: 7.01g (7.79%), Cholesterol: 94.62mg (31.54%), Sodium: 2123.79mg (92.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.34g (104.67%), Vitamin A: 6048.82IU (120.98%), Manganese: 2.4mg (119.93%), Folate: 462.29µg (115.57%), Fiber: 19.52g (78.09%), Iron: 13.71mg (76.18%), Potassium: 2652.78mg (75.79%), Copper: 1.28mg (63.96%), Vitamin B1: 0.92mg (61.05%), Magnesium: 243.67mg (60.92%), Phosphorus: 552.54mg (55.25%), Selenium: 27.75µg (39.64%), Zinc: 5.89mg (39.27%), Vitamin B2: 0.57mg (33.35%), Vitamin B6: 0.66mg (33.22%), Calcium: 330.24mg (33.02%), Vitamin C: 20.42mg (24.75%), Vitamin B3: 3.91mg (19.56%), Vitamin K: 20.47µg (19.5%), Vitamin B5: 1.53mg (15.32%), Vitamin B12: 0.87µg (14.45%), Vitamin E: 1.85mg (12.33%)