



## Ham and Bean Soup I

 Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



10

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 45 ounce kidney beans canned
- 15 ounce tomato sauce canned
- 3 stalks celery with leaves chopped
- 2 tablespoons parsley dried
- 2 cloves garlic crushed
- 1 teaspoon ground pepper black
- 1 pound sausage italian

- 1 teaspoon pepper sauce hot
- 3 potatoes cubed peeled
- 2 teaspoons salt
- 2 ham hocks smoked
- 29 ounce stewed tomatoes canned
- 1 teaspoon worcestershire sauce

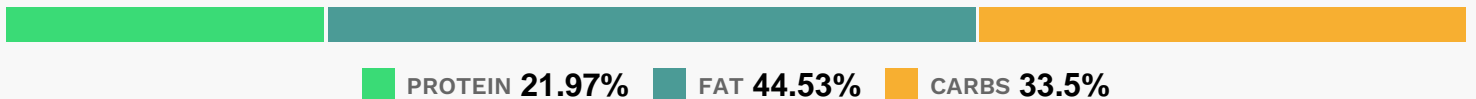
## Equipment

- pot

## Directions

- Boil sausage to remove excess fat, and cut into bite-size pieces.
- Skin ham hocks, and remove excess fat. In a large pot, brown sausage and ham hocks over medium heat.
- Drain off excess fat.
- Add potatoes, celery, parsley, beans, tomato sauce, tomatoes, salt, pepper, chili sauce, bay leaves, garlic, and Worcestershire sauce to the meat; add just enough water to cover. Bring to boil, then reduce to simmer. Cover, and continue to cook for 2–3 hours.
- Remove ham hocks and cut meat into bite-size pieces. Return meat to pot.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:30.27, Glycemic Load:15.44, Inflammation Score:-6, Nutrition Score:19.024782761284%

## Flavonoids

Apigenin: 18.36mg, Apigenin: 18.36mg, Apigenin: 18.36mg, Apigenin: 18.36mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 457.39kcal (22.87%), Fat: 22.89g (35.21%), Saturated Fat: 8.17g (51.03%), Carbohydrates: 38.75g (12.92%), Net Carbohydrates: 28.75g (10.46%), Sugar: 7.53g (8.37%), Cholesterol: 71.53mg (23.84%), Sodium: 1625.28mg (70.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.82%), Fiber: 10g (39.98%), Potassium: 1189.3mg (33.98%), Manganese: 0.68mg (33.97%), Vitamin B1: 0.5mg (33.15%), Vitamin C: 25.43mg (30.83%), Iron: 4.87mg (27.05%), Phosphorus: 270.27mg (27.03%), Vitamin B6: 0.5mg (25.19%), Copper: 0.45mg (22.37%), Magnesium: 79.11mg (19.78%), Selenium: 13.8µg (19.71%), Vitamin B3: 3.88mg (19.38%), Vitamin K: 18.92µg (18.01%), Vitamin B2: 0.26mg (15.13%), Folate: 60.16µg (15.04%), Zinc: 2.07mg (13.81%), Calcium: 106mg (10.6%), Vitamin E: 1.4mg (9.32%), Vitamin B5: 0.85mg (8.52%), Vitamin A: 391.96IU (7.84%), Vitamin B12: 0.41µg (6.88%)