



HEALTH SCORE

100%

Ham-and-Bean Soup With Fresh Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



73 min.

SERVINGS



8

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 oz baby spinach fresh washed
- 1 tablespoon soup base jarred ham-flavored
- 15.5 oz black-eyed peas drained canned
- 30 oz .5 can cannellini beans drained canned
- 30 oz navy beans drained canned
- 2 large carrots diced
- 2 rib celery diced
- 1 bunch green onions chopped

- 16 oz ham steak lean
- 2 tablespoons olive oil
- 1 large onion diced
- 0.5 teaspoon pepper
- 8 servings garnish: fall potato leaves
- 2 lb yukon gold potatoes diced peeled

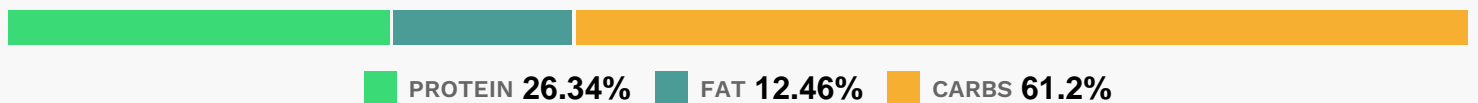
Equipment

- dutch oven

Directions

- Trim fat from ham steak; coarsely chop ham. Reserve bone.
- Cook ham in hot oil in a Dutch oven over medium-high heat, stirring often, 6 to 8 minutes or until browned.
- Add diced onion, and next 5 ingredients, and saut 5 minutes or until onion is tender.
- Stir in reserved ham bone, navy beans, and next 3 ingredients; add water to cover. Bring to a boil; cover, reduce heat to low, and cook, stirring occasionally, 45 minutes.
- Remove and discard bone before serving. Stir in spinach just before serving.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:44.7, Glycemic Load:24.22, Inflammation Score:-10, Nutrition Score:43.406087398529%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 514.2kcal (25.71%), Fat: 7.24g (11.14%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 80.06g (26.68%), Net Carbohydrates: 62.14g (22.6%), Sugar: 5.19g (5.77%), Cholesterol: 25.54mg (8.51%), Sodium: 1388.04mg (60.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.45g (68.9%), Vitamin K: 105.88µg (100.84%), Vitamin A: 4711.14IU (94.22%), Manganese: 1.63mg (81.69%), Folate: 313.26µg (78.32%), Fiber: 17.92g (71.66%), Vitamin B1: 0.94mg (62.98%), Vitamin C: 49.62mg (60.14%), Phosphorus: 560.63mg (56.06%), Potassium: 1800.19mg (51.43%), Iron: 8.64mg (48%), Magnesium: 189.34mg (47.33%), Vitamin B6: 0.87mg (43.7%), Copper: 0.83mg (41.27%), Zinc: 4.38mg (29.17%), Selenium: 18.86µg (26.94%), Vitamin B3: 5.35mg (26.75%), Vitamin B2: 0.33mg (19.47%), Vitamin E: 2.84mg (18.93%), Calcium: 188.85mg (18.88%), Vitamin B5: 1.38mg (13.83%), Vitamin B12: 0.45µg (7.57%)