



Ham and Great Northern Bean Soup

 **Gluten Free**

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons butter divided
- ☐ 16 ounce cannellini beans undrained canned
- ☐ 2 carrots diced
- ☐ 1 slice ham with bone thick fully cooked
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 onion diced

☐ 1 teaspoon salt

Equipment

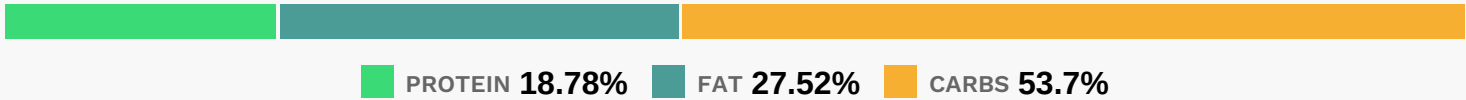
☐ frying pan

☐ sauce pan

Directions

- ☐ Cut ham off bone in bite-size pieces, reserving bone. Melt 1 tablespoon butter in a skillet over medium heat and fry ham pieces in hot butter until lightly browned, about 4 minutes.
- ☐ Melt 1 tablespoon butter in a large saucepan; cook and stir onion, carrots, and garlic in the hot butter until softened and onion is translucent, about 5 minutes.
- ☐ Pour undrained beans into vegetables, add ham and reserved ham bone, and pour in water to make soup your desired thickness. Stir bay leaves into soup and season with salt and black pepper.
- ☐ Bring soup to a boil, reduce heat to medium-low, and simmer for 25 minutes.
- ☐ Remove ham bone and bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:30.97, Glycemic Load:1.08, Inflammation Score:-9, Nutrition Score:10.10173917335%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 143.32kcal (7.17%), Fat: 4.51g (6.94%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 15.17g (5.52%), Sugar: 1.75g (1.94%), Cholesterol: 13.44mg (4.48%), Sodium: 489.38mg (21.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.85%), Vitamin A: 3516.44IU (70.33%), Manganese: 0.39mg (19.3%), Fiber: 4.63g (18.5%), Folate: 68.95µg (17.24%), Phosphorus: 130.93mg (13.09%), Magnesium:

44.22mg (11.05%), Potassium: 374.79mg (10.71%), Vitamin B1: 0.16mg (10.4%), Iron: 1.36mg (7.56%), Vitamin B6: 0.15mg (7.47%), Copper: 0.15mg (7.28%), Selenium: 4.26µg (6.08%), Vitamin C: 4.8mg (5.82%), Calcium: 54.19mg (5.42%), Zinc: 0.69mg (4.59%), Vitamin B2: 0.08mg (4.45%), Vitamin B3: 0.74mg (3.71%), Vitamin B5: 0.34mg (3.38%), Vitamin K: 3.23µg (3.08%), Vitamin E: 0.25mg (1.65%), Vitamin B12: 0.07µg (1.23%)