



Ham and White Bean Soup



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 head cabbage shredded
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 15.5 ounce beans white drained canned
- ☐ 2 stalks celery chopped
- ☐ 1 quart chicken broth
- ☐ 0.8 pound ham diced
- ☐ 1.5 teaspoons penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil

☐ 1 onion diced

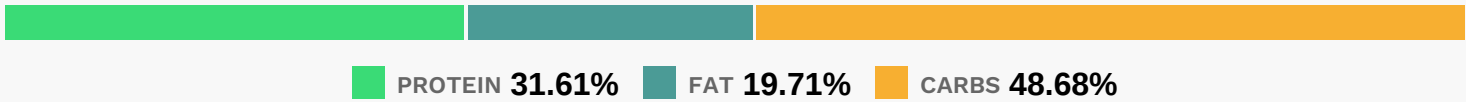
Equipment

☐ pot

Directions

- ☐ Heat olive oil in a soup pot over medium-high heat. Cook and stir onion in hot oil until tender, about 5 minutes.
- ☐ Season onion with Italian seasoning. Continue to cook and stir for 1 more minute.
- ☐ Stir chicken broth, white beans, tomatoes, cabbage, ham, and celery into the pot. Bring to a boil, then reduce heat to low; simmer until celery and cabbage are tender, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:6.67, Inflammation Score:-6, Nutrition Score:17.167391061783%

Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 225.69kcal (11.28%), Fat: 5.23g (8.05%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 21.62g (7.86%), Sugar: 8.31g (9.24%), Cholesterol: 33.53mg (11.18%), Sodium: 1443.56mg (62.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.76%), Vitamin K: 71.75µg (68.34%), Vitamin C: 35.78mg (43.37%), Manganese: 0.76mg (37.92%), Fiber: 7.45g (29.78%), Folate: 98.52µg (24.63%), Iron: 4.17mg (23.18%), Potassium: 758.01mg (21.66%), Copper: 0.35mg (17.42%), Magnesium: 66.36mg (16.59%), Vitamin B6: 0.29mg (14.43%), Vitamin B1: 0.21mg (14.21%), Vitamin E: 2.08mg (13.86%), Calcium: 130.89mg (13.09%), Phosphorus: 123.81mg (12.38%), Vitamin B2: 0.2mg (11.84%), Zinc: 1.31mg (8.76%), Vitamin B3: 1.53mg (7.65%), Vitamin A: 293.35IU (5.87%), Vitamin B5: 0.56mg (5.61%), Selenium: 2.61µg (3.73%)