



## Ham, Bean and Swiss Chard Soup

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon
- 4 servings pepper black to taste
- 15.5 ounce roman beans canned (do not drain or rinse)
- 1 carrots diced
- 15 ounce canned tomatoes diced undrained canned ()
- 3 large garlic clove minced
- 8 ounces seasoning cubes cubed
- 1 teaspoon hot sauce

- 32 ounces chicken broth low sodium
- 1 onion chopped
- 4 servings parmesan cheese grated to taste
- 4 servings pepper red to taste
- 1 large bunch swiss chard thinly sliced chopped
- 1 teaspoon worcestershire sauce

## Equipment

- paper towels
- dutch oven

## Directions

- Fry bacon slices over medium heat in a Dutch oven or soup kettle, then remove and drain on paper towels.
- Saute garlic, onion, carrot, and Swiss chard stems in bacon grease until soft, then add ham, red pepper flakes, and black pepper.
- Add Swiss chard leaves and saute until they are wilted.2
- Add chicken broth, Roman beans and tomatoes. Stir together, increase heat and bring to a boil. Lower heat and simmer, uncovered, for about 30 minutes.
- Add hot sauce and Worcestershire sauce. Crumble bacon slices and add to soup. Stir in Parmesan cheese to taste.

## Nutrition Facts



**PROTEIN 29.13%** **FAT 39.48%** **CARBS 31.39%**

## Properties

Glycemic Index:41.96, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:30.372608428416%

## Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg Myricetin: 2.38mg, Myricetin:

2.38mg, Myricetin: 2.38mg, Myricetin: 2.38mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin:  
7.3mg

## **Nutrients (% of daily need)**

Calories: 472.72kcal (23.64%), Fat: 21.34g (32.83%), Saturated Fat: 8.15g (50.95%), Carbohydrates: 38.19g (12.73%),  
Net Carbohydrates: 27.58g (10.03%), Sugar: 6.82g (7.58%), Cholesterol: 70.99mg (23.66%), Sodium: 2256.73mg  
(98.12%), Alcohol: 0g (100%), Protein: 35.44g (70.88%), Vitamin K: 627.49µg (597.61%), Vitamin A: 8424.65IU  
(168.49%), Phosphorus: 442.82mg (44.28%), Fiber: 10.61g (42.42%), Calcium: 407.02mg (40.7%), Vitamin C:  
29.89mg (36.23%), Manganese: 0.66mg (33.21%), Magnesium: 119.85mg (29.96%), Iron: 5.27mg (29.3%),  
Potassium: 1015.42mg (29.01%), Selenium: 19.9µg (28.42%), Vitamin B3: 5.31mg (26.56%), Folate: 105.83µg  
(26.46%), Copper: 0.48mg (23.8%), Zinc: 3.18mg (21.19%), Vitamin B2: 0.34mg (20.01%), Vitamin B6: 0.37mg  
(18.29%), Vitamin E: 2.54mg (16.93%), Vitamin B12: 0.74µg (12.36%), Vitamin B1: 0.18mg (11.69%), Vitamin B5:  
0.62mg (6.16%), Vitamin D: 0.24µg (1.59%)