



HEALTH SCORE

67%

Ham Bone Soup



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



390 min.

SERVINGS



4

CALORIES



228 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15.3 ounce kidney beans canned
- ☐ 14.5 ounce canned tomatoes diced with juice peeled canned
- ☐ 6 cubes chicken bouillon
- ☐ 1 bell pepper green cubed seeded
- ☐ 1 ham bone with some meat
- ☐ 1 onion diced
- ☐ 3 potatoes cubed
- ☐ 4 cups water

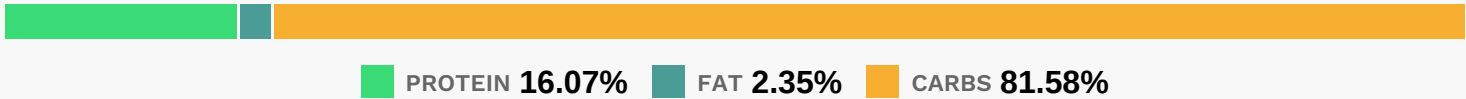
Equipment

☐ slow cooker

Directions

- ☐ Place the ham bone, onion, tomatoes, kidney beans, potatoes, and green pepper into a 3 quart or larger slow cooker. Dissolve the bouillon cubes in water, and pour into the slow cooker.
- ☐ Cover, and cook on High until warm. Reduce heat to Low, and continue to cook for 5 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:43.19, Glycemic Load:26.44, Inflammation Score:-7, Nutrition Score:16.221739105556%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 227.56kcal (11.38%), Fat: 0.61g (0.95%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 47.89g (15.96%), Net Carbohydrates: 37.67g (13.7%), Sugar: 5.13g (5.7%), Cholesterol: 0mg (0%), Sodium: 306.11mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Vitamin C: 58.29mg (70.65%), Fiber: 10.22g (40.86%), Vitamin B6: 0.66mg (32.87%), Manganese: 0.63mg (31.54%), Potassium: 1045.86mg (29.88%), Phosphorus: 219.6mg (21.96%), Copper: 0.4mg (19.99%), Magnesium: 77.29mg (19.32%), Vitamin B1: 0.27mg (18.13%), Folate: 61.88µg (15.47%), Iron: 2.76mg (15.31%), Vitamin B3: 2.39mg (11.97%), Vitamin K: 9.78µg (9.31%), Zinc: 1.24mg (8.28%), Vitamin B2: 0.14mg (8.2%), Vitamin B5: 0.68mg (6.77%), Calcium: 67mg (6.7%), Selenium: 1.81µg (2.59%), Vitamin A: 113.82IU (2.28%), Vitamin E: 0.15mg (1.02%)