



Hearty Ham and Three-Bean Soup

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



5

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounces navy beans rinsed drained canned
- 15 ounces beans red rinsed drained canned
- 15 ounces black beans rinsed drained canned
- 14.5 ounces canned tomatoes undrained canned
- 1.3 cups fat-skimmed beef broth fat-free 33% with less sodium (from 14-ounce can)
- 3 ounces ham diced cooked
- 0.5 cup onion chopped
- 1 clove garlic finely chopped

1 teaspoon chili powder

0.3 teaspoon pepper

Equipment

sauce pan

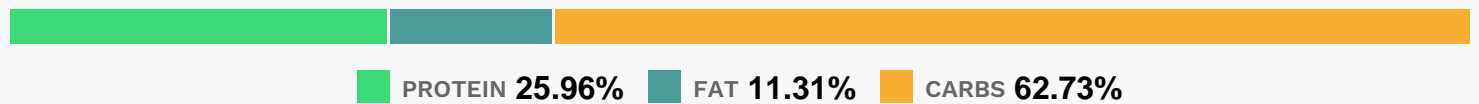
Directions

Mix all ingredients in 3- or 4-quart saucepan.

Heat to boiling over medium heat.

Cook 15 to 20 minutes, stirring occasionally, until onion is tender and soup is slightly thickened.

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:6.3, Inflammation Score:-7, Nutrition Score:22.0730432868%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 320.97kcal (16.05%), Fat: 4.18g (6.43%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 52.12g (17.37%), Net Carbohydrates: 35.39g (12.87%), Sugar: 6.23g (6.92%), Cholesterol: 10.55mg (3.52%), Sodium: 1475.19mg (64.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.15%), Fiber: 16.72g (66.9%), Manganese: 0.97mg (48.69%), Phosphorus: 371.84mg (37.18%), Folate: 141.67µg (35.42%), Vitamin B1: 0.51mg (33.78%), Copper: 0.65mg (32.7%), Iron: 5.67mg (31.51%), Potassium: 1069.47mg (30.56%), Magnesium: 118.01mg (29.5%), Vitamin B6: 0.43mg (21.68%), Selenium: 12.83µg (18.33%), Vitamin B2: 0.31mg (18.06%), Vitamin B3: 3.51mg (17.56%), Zinc: 2.32mg (15.48%), Vitamin C: 12.51mg (15.16%), Calcium: 132.35mg (13.23%), Vitamin E: 1.93mg (12.84%), Vitamin K: 10.97µg (10.45%), Vitamin B5: 0.82mg (8.16%), Vitamin A: 299.68IU (5.99%), Vitamin B12: 0.22µg (3.71%)