



## Hearty Ham and Three-Bean Soup

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

READY IN



**35 min.**

SERVINGS



**5**

CALORIES



**303 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

0.5 cup onion chopped

0.3 teaspoon pepper

## Equipment

sauce pan

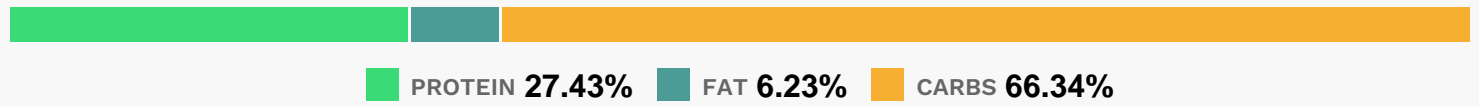
## Directions

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:22.143043698824%

## 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: 302.94kcal (15.15%), Fat: 2.18g (3.35%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 52.12g (17.37%), Net Carbohydrates: 35.39g (12.87%), Sugar: 6.23g (6.92%), Cholesterol: 10.55mg (3.52%), Sodium: 1284.51mg (55.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.55g (43.09%), Fiber: 16.72g (66.9%), Manganese: 0.97mg (48.66%), Phosphorus: 369.12mg (36.91%), Folate: 142.02µg (35.5%), Iron: 5.93mg (32.93%), Copper: 0.65mg (32.65%), Potassium: 1079.68mg (30.85%), Magnesium: 118.52mg (29.63%), Vitamin B1: 0.41mg (27.43%), Vitamin B6: 0.44mg (21.78%), Zinc: 2.79mg (18.62%), Vitamin B3: 3.69mg (18.44%), Vitamin B2: 0.3mg (17.46%), Selenium: 11.93µg (17.04%), Vitamin C: 12.51mg (15.16%), Calcium: 132.69mg (13.27%), Vitamin E: 1.91mg (12.75%), Vitamin K: 11.02µg (10.5%), Vitamin B5: 0.85mg (8.47%), Vitamin B12: 0.49µg (8.24%), Vitamin A: 299.68IU (5.99%)