



 **53%**
HEALTH SCORE

Hearty Navy Bean Soup

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

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black
- 2 cups carrots thinly sliced
- 2 cups navy beans dried
- 3 garlic clove chopped
- 1 cup onion chopped
- 0.8 teaspoon salt
- 10 ounces pork hock smoked

8 cups water

Equipment

frying pan

dutch oven

Directions

Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours.

Drain beans.

Combine the beans, 8 cups water, and next 4 ingredients (8 cups water through bay leaves) in pan, and bring to a boil. Cover, reduce heat, and simmer 2 hours. Stir in the sliced carrot, salt, and pepper. Simmer for 40 minutes or until the beans are tender.

Remove bay leaves, and discard.

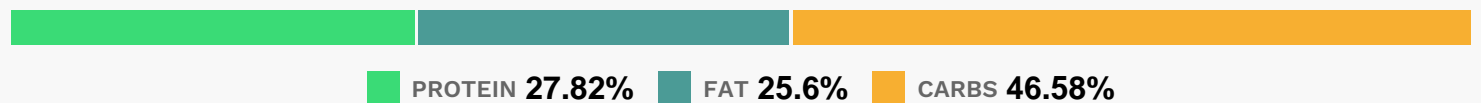
Remove the ham hocks, and shred meat, discarding fat and gristle. Return the meat to pan.

Note: To quick-soak the beans, sort and wash beans, and place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil and cook 2 minutes.

Remove from heat; cover and let stand 1 hour.

Drain beans.

Nutrition Facts



Properties

Glycemic Index:16.98, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:20.625217458476%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 314.66kcal (15.73%), Fat: 9.04g (13.91%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 23.01g (8.37%), Sugar: 4.39g (4.88%), Cholesterol: 38.63mg (12.88%), Sodium: 344.14mg (14.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.21%), Vitamin A: 5348.65IU (106.97%), Fiber: 13.99g (55.94%), Folate: 199.26µg (49.81%), Manganese: 0.85mg (42.31%), Vitamin B1: 0.44mg (29.05%), Potassium: 884.2mg (25.26%), Copper: 0.5mg (24.95%), Magnesium: 99.74mg (24.93%), Phosphorus: 230.59mg (23.06%), Iron: 3.61mg (20.06%), Vitamin B6: 0.31mg (15.27%), Zinc: 2.05mg (13.66%), Calcium: 108.72mg (10.87%), Selenium: 6.02µg (8.6%), Vitamin B3: 1.49mg (7.43%), Vitamin B2: 0.11mg (6.52%), Vitamin K: 5.83µg (5.55%), Vitamin B5: 0.51mg (5.07%), Vitamin C: 3.73mg (4.52%), Vitamin E: 0.23mg (1.52%)