

## Italian Bean Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 32 ounce navy beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced italian-style undrained canned
- ☐ 14.5 ounce chicken broth fat-free reduced-sodium canned
- ☐ 1 cup bell pepper green chopped ( 1 large)
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon commercial pesto

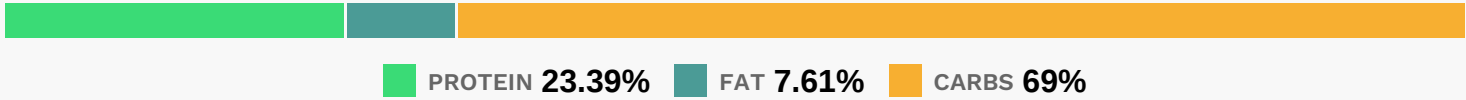
## Equipment

- ☐ dutch oven

# Directions

- ☐ Heat a Dutch oven coated with cooking spray over medium-high heat until hot.
- ☐ Add bell pepper and onion; cook 8 minutes or until onion is tender.
- ☐ Add beans and remaining 3 ingredients. Bring to a boil, reduce heat, and simmer, uncovered, 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18.75, Glycemic Load:3.04, Inflammation Score:-8, Nutrition Score:25.15565216023%

## Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

## Nutrients (% of daily need)

Calories: 331.24kcal (16.56%), Fat: 2.93g (4.51%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 59.78g (19.93%), Net Carbohydrates: 44.89g (16.32%), Sugar: 8.02g (8.91%), Cholesterol: 0.3mg (0.1%), Sodium: 1609.8mg (69.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.52%), Fiber: 14.89g (59.57%), Manganese: 1.15mg (57.34%), Vitamin C: 43.95mg (53.27%), Folate: 166.33µg (41.58%), Phosphorus: 367.15mg (36.71%), Copper: 0.72mg (35.98%), Magnesium: 135.9mg (33.98%), Iron: 5.91mg (32.82%), Potassium: 1108.7mg (31.68%), Vitamin B1: 0.44mg (29.58%), Vitamin B6: 0.53mg (26.68%), Selenium: 16.23µg (23.19%), Vitamin E: 3.2mg (21.33%), Calcium: 164.61mg (16.46%), Vitamin B3: 3.16mg (15.79%), Zinc: 2.16mg (14.41%), Vitamin K: 14.94µg (14.23%), Vitamin B2: 0.22mg (13%), Vitamin B5: 0.89mg (8.85%), Vitamin A: 435.17IU (8.7%), Vitamin B12: 0.21µg (3.43%)