



Italian White Bean and Pancetta Soup

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces pancetta bacon diced finely
- ☐ 76 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 1 cup celery chopped
- ☐ 6 cups chicken stock see
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup olive oil

- ☐ 2 cups seashell pasta
- ☐ 1 cup onion red chopped
- ☐ 1 teaspoon salt

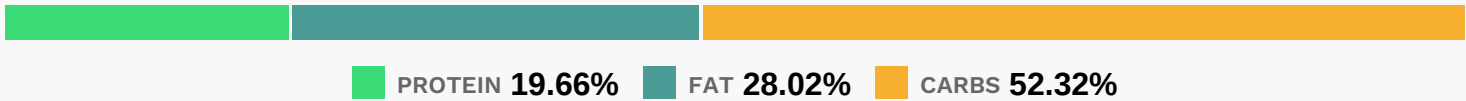
Equipment

- ☐ pot

Directions

- ☐ In an 8-quart pot, saute pancetta in the olive oil until soft, about 10 minutes.
- ☐ Add onion and celery; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Sprinkle with sage, 1 teaspoon salt, and black pepper.
- ☐ Pour in the chicken stock, cover, and bring to a boil. Stir in the drained beans, cover, and reduce the heat to low. Simmer for 30 minutes.
- ☐ Meanwhile, cook the pasta in 4 quarts boiling water with 1 teaspoon salt until al dente, about 10 minutes.
- ☐ Drain and add to the soup.
- ☐ Stir in minced parsley before serving, and sprinkle with grated cheese.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:18.7, Inflammation Score:-8, Nutrition Score:30.336956804213%

Flavonoids

Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 587.65kcal (29.38%), Fat: 18.45g (28.39%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 77.52g (25.84%), Net Carbohydrates: 63.42g (23.06%), Sugar: 5.05g (5.61%), Cholesterol: 19.43mg (6.48%), Sodium: 714.89mg (31.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.12g (58.24%), Copper: 3.07mg (153.25%), Manganese: 1.67mg (83.73%), Fiber: 14.1g (56.4%), Iron: 8.99mg (49.95%), Folate: 196.67µg (49.17%), Potassium: 1561.48mg (44.61%), Magnesium: 160.65mg (40.16%), Phosphorus: 362.73mg (36.27%), Selenium: 22.19µg (31.7%), Vitamin K: 32.84µg (31.27%), Vitamin B1: 0.41mg (27.26%), Zinc: 3.81mg (25.4%), Calcium: 223.52mg (22.35%), Vitamin E: 3.31mg (22.06%), Vitamin B3: 4.34mg (21.69%), Vitamin B6: 0.42mg (21.23%), Vitamin B2: 0.29mg (17.28%), Vitamin B5: 0.74mg (7.44%), Vitamin C: 3.56mg (4.32%), Vitamin A: 155.96IU (3.12%), Vitamin B12: 0.11µg (1.77%)